

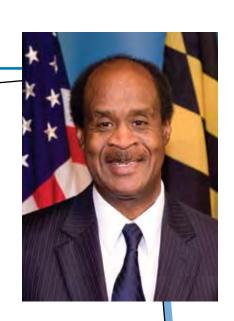


From the County Executive



OFFICE OF THE COUNTY EXECUTIVE ROCKVILLE, MARYLAND 20850

Summer 2010



Dear Montgomery County Resident:

Our Recreation and Parks departments have an exciting selection of classes and activities included in this Summer Guide. Look inside then take advantage of the longer days and warmer temperatures to sign up for a recreational class or sports league.

Also, you should know that the annual Maryland Senior Olympics are again being hosted by Montgomery County and competition begins on August 14 with track and field events. There will also be golf, basketball, swimming, tennis, bowling, archery and billiards. The games run through October and take place primarily at Montgomery County venues. Why not make a commitment to begin a training program and sign up for an event in this year's games?

And, speaking of our active adults 55 and older, get ready to SOAR (Senior Outdoor Adventure in Recreation) into summer. Trips are planned to tour Harper's Ferry, canoe through the Jug Bay Wildlife Sanctuary and cruise Baltimore's Inner Harbor. Call 240-777-4925 for more information.

For our youngsters, there are plenty of camps and summer programs conveniently located throughout Montgomery County. Our camps are affordable and there's something for everyone, including sports, rocketry, magic, art, horseback riding, swimming, dance, nature and acting. Check out the complete listing of summer camps in the Guide.

Have a wonderful summer and I look forward to seeing many of you at recreation facilities throughout the County in coming months. Poich Trysett

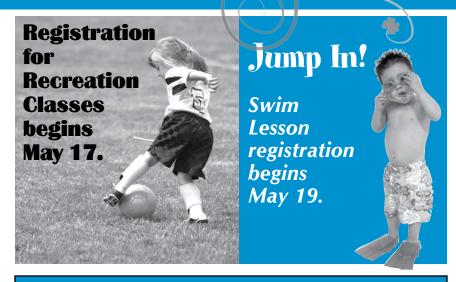
Sincerely,

Isiah Leggett County Executive

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12 Ways to Have Fun this Summer



Se Habla Espanol

Si está interesado en obtenér más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugestiones de otros tipos de programas, por favor llamen al 240-777-6839.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Mainstream Facilitator (240-777-4925) to discuss your needs.

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Registration opens MAY 15 for most Parks classes







✓ Going Green!

Recreation embraces the 'Green' revolution and cuts cost using email and your finger.

Emailing of Receipts and Account Invoices

Each year Recreation uses hundreds of thousands of sheets of paper to print out and mail receipts and invoices to you. By emailing this information to you, we'll save tons of paper, ink, and postage costs.

Beginning July 1, receipts and invoices will no longer be printed out and mailed via "snail mail." As part of our "Going Green' initiative, your registration receipts and invoices will be emailed to your email address we have on file. Hard copy printouts of receipts and invoices will continue to be available, but upon request only.

Here's how you can help! Once we begin to send receipts and invoices via email, it's important that the email address we have for you is correct. You can check or update the email address you've given us online at recweb.montgomerycountymd.gov or give us a call at 240-777-6840; our Customer Service Representative will be happy to help you. See the accompanying article on "Managing Your Recreation Account".

✓ Save a Tree - Register Online!

Reduce your carbon footprint! Registering online is eco-friendly. You save gas, reduce CO2 emissions, save time and save paper. Plus, you have the added convenience of registering anytime.

It's Easy:

- 1. Log In to Your Account (you can create an account instantly if you don't have one)
- 2. Choose an Activity
- 3. Register Online
- 4. Participate and Enjoy!

Managing Your Recreation Account

Did you know that if you or any member of your family has ever registered for any Recreation program, including pool passes, leisure courses, senior trips, and sports programs, you have a Recreation account? Did you also know that you can use our online registration site, RecWeb, to manage your account, register for Recreation programs on line, and even request a duplicate receipt for your registrations?

It's very important that our customers maintain current information in their accounts, especially their email addresses. Under our "Going Green" program, beginning July 1, 2010 registration receipts and account statements will be sent out via email to the email address you have on file with us.

To verify your email address or other account information, you can go to our website, montgomerycountymd. gov/rec and select the Registration tab to go to RecWeb. Log in, click on Verify/Update My Email Address, and make any changes necessary. If you don't know your RecWeb login information, click on Forgot My Login Information and your account information will be sent to you automatically. Or, you can contact our Customer Service desk at 240-777-6840 or you can email your name, home address, and home phone to recweb@ montgomerycountymd.gov and we'll be glad to look up your account information for you.



✓ Biometric Scanners To Replace Recreation Access Cards

Over the past 8 years we've issued tens of thousands of Access Cards to customers using our community centers, purchasing pool passes and gym/weight room memberships. Scanning your Access Card when entering our pools, community and senior centers is a quick and easy way for you to sign in, and allows us to maintain accurate attendance statistics; we use this information to improve our services and provide betted management of the facility. Good info but . . .

- Is your wallet already crammed full with other cards?
- How often do you forget to bring your Access Card with you?
- Do you misplace or lose your Access Card?
- Is your Access Card photo, shall we say, somewhat less than flattering?

Let's be honest . . . We need the statistical information to document how and when you, our customers, use our facilities. And you want the convenience of being able to sign in quickly when you get here. At the same time we're looking at ways to 'Go Green' and cut back on operating costs. The answer is literally right at the tip of your finger...it's biometrics! No fussing with cards and pictures any more. Just a quick finger scan, and you're on your way.



This Fall, we'll begin to phase out Access Cards and introduce Biometric – Finger Vein Scanning. What's this?

Finger vein scanning works by passing near-infrared light through your finger to capture an image of your vein pattern. Your vein pattern is unique and virtually impossible to replicate. We'll take a quick image of your vein pattern; store it in our safe, secured database along with your account information. The next time you come to a Recreation center to use the gym or weight room or to one of our pools to use your pool pass, all you need to do is put your finger on the scanner and you're ready to go.

Biometric scanners are cost effective, easy, quick, and eco-friendly. There will be no more need for plastic Access Cards or the numerous printing supplies we use to make them. Conversion to biometric scanning is all part of Recreation's Going Green initiative.





2010

MARYLAND SENIOR OLYMPICS





To participate is to win!



Come join your fellow athletes in Olympic activities including Archery, Badminton, Basketball, Billiards, Bowling, Cycling, Football, Frisbee and Softball Throw, Golf, Horseshoes, Lawn Bowling, Line Dancing, Racquetball, 5k and 10k Road Races, Shuffleboard, Softball, Swimming, Table Tennis, Track and Field, Tennis.

Participation in the Maryland Senior Olympics is open to Maryland residents 50 years of age or older. Competitions will be held between August 2010 and October 2010 throughout the State of Maryland

The Olympic events are separated into Men's and Women's age group Divisions. Gold, Silver and Bronze medals will be awarded within each division and age category.

For Registration and Event information please go to our web site, www.mdseniorolympics.org, email info@mdseniorolympics.org, call 240-777-8080 or mail to: Maryland Senior Olympics 12900 Middlebrook Road Germantown, Maryland 20874.









BAUER DRIVE COMMUNITY CENTER

14625 Bauer Drive, Rockville, Maryland

SUNDAY, MAY 16, 2010

1pm-5pm FREE AND OPEN TO THE PUBLIC!

Music (singing)

Japanese Dance Origami Calligraphy
Traditional Games OTEX Ceremony OJapanese Play
Anime OMartial Arts

Sponsored by Bauer Drive Community Center and Sakura Educational Exchange USA

For more information, call the Center, 240-777-6922 or SEE-USA, 301-984-1274

Presented by Yokohama Hayato High School Students, Yokohama Japan

4 Ways to Register!

RecWeb

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

Fax

240-777-6818. Available 24 hours a day, 7 days a week. Stored and processes in a secure environment.

Mail

New centralized address:

Registrar, Montgomery County Department of Recreation, 4010 Randolph Road, Silver Spring, MD 20902

Walk-in

While you wait! Registrations will be processed at the following locations:

- Recreation Department Administration Building 4010 Randolph Road, Silver Spring, MD 20902
- Recreation Indoor Pools (see page 7)
- Recreation Department Regional Offices (see page 99)

For more information, visit our website at www.montgomerycountymd.gov/rec or call our Customer Service Department at 240-777-6840



Your credit card Security is important to us!

"The Montgomery County Department of Recreation offers a variety of ways to register for its many programs and services. While we take fun seriously, we are also serious about protecting your personal information. It is our goal to provide you with an efficient and secure registration process. We appreciate your business!"

-Gabriel Albornoz, Director

AQUATICS

Aguatics: 240-777-6860

The Department of Recreation operates four indoor swimming pools and seven outdoor pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. You may obtain information regarding schedules and hours of operation of each pool by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other programs are available at each pool, and may be registered online through our web site, or see registration information on page ??.

Outdoor Pools

Outdoor Pool phones will not be answered until May 29. Bethesda Pool 301-652-1598

6300 Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), 6-lane 25-meter lap pool, a teach pool, a tot pool, bathhouse, snack bar and lawn areas with shade structures.

Germantown Outdoor Pool 240-777-8067

18905 Kingsview Road (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

Long Branch Pool 301-431-5700

8700 Piney Branch Road (1 block south of University Blvd.), Silver Spring Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

Martin Luther King Jr. Outdoor Pool 1201 Jackson Road, Silver Spring 240-777-8066

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

Wheaton/Glenmont Pool

301-929-5460

12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton

Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

Upper County Outdoor Pool 301-840-2446

8211 Emory Grove Road (at Route 124), Gaithersburg

Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

Western County Outdoor Pool

301-349-2217

20151 Fisher Avenue, Poolesville

Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.

Schedule of Outdoor Pool Operations

Pre-season Schedule: (May 29-June 13) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day). Weekdays, the pools are **closed** from June 1 - June 13.

Summer Season: June 14-August 22, weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at 1:00pm on weekdays (12:00pm at Western only) and generally ends at 8:00pm. On weekends, the pools open at 12:00noon and close at 8:00pm. Long Branch Pool and Upper County Pool will be closed on Fridays. All pools close at 6:00pm on July 4th.

Post Season: (August 23-Labor Day) MCPS begins school on August 23. Some pools will close as of August 23, while others operate on limited days and hours. Schedules will be posted at each pool.

Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

Recreational Swim Fees

County Minors: \$4.00

County Seniors (55+) with ID: \$4.50 County Adults: 18-54 yrs old: \$6.00

Twilight Fees (after 5:30pm): All fees reduced

Non-County Resident Fees are higher Discount admissions are available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

Summer Pool Passes: In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$275, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years old residing at the same address. Add \$20.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$195.

Pass application forms may be obtained online. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools

Aquatics: 240-777-6860

PROGRAMS

Indoor Pools

Germantown Indoor Swim Ctr (GISC) 240-777-6830 18000 Central Park Circle, Boyds (South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.





Martin Luther King, Jr Swim Ctr (MLK) 240-777-8060 1201 Jackson Road, Silver Spring (off New Hampshire Ave, south of Randolph Rd) Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 240-777-8070 5900 Executive Boulevard, N. Bethesda (between Nicholson Ln and Old Georgetown Rd) Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a leisure pool, two spas, an interior water slide, a weight and exercise room, locker and shower facilities, and saunas.





Olney Indoor Swim Center (OSC)
16605 Georgia Avenue, Olney
(in the Olney Manor Park)
240-777-4995

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Website Information

Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: montgomerycountymd.gov/rec Select the Programs link, then select the Aquatics Programs link. Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Swimming Instruction

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

See Swim Lessons, beginning on page 17.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool management for additional information. Ask the Cashier about Punch 12 Discount Cards.



Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below. The schedule also appears online.



- The program fee covers only the class and locker room use. If you wish
 to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
 For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello	301-924-3488	wellnet1@aol.com
Waterworks: Sally Dimsdale	301-593-1609	sallyswaterworks@msn.com
H2O Fitness: Peggy Brower	301-603-1328	browers4@aol.com



Against the Current

A Power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Dyna bands will be provided for upper body strength training in this co-ed class.

0 Sessions	\$53
U SESSIUIIS	φ ₃ .

Instruc	tor: Peggy Brower			
278600	MLK Outdoor Pool	6/14	Μ	9:30am -10:20am
278601	MLK Outdoor Pool	6/16	W	9:30am -10:20am

Aqua Mommy

Designed for moms who stay at home. Mom will get a gentle workout while your child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. One child, per adult.

10 Sessions	\$59
Instructor: Peggy Brower	

moducion, i eggy	DIOWCI			
278844 MLK Swim	Center	6/1	Tu	2:00pm - 2:50pm
278845 MLK Swim	Center	6/3	Th	2:00pm - 2:50pm



Abs & Glutes

10 Soccione

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

Aguatics: 240-777-6860

¢52

குத்த			510115	10 3688
			tor: Peggy Brower	Instruct
9:30am -10:20am	W	6/2	MLK Swim Center	278597
9:30am -10:20am	M	6/7	MLK Swim Center	278596
10:30am -11:20am	F	6/4	Germantown InSwC	280993

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body

10 Sessions	\$5 3
	400

Instructor: Peggy Brower

278602 MLK Outdoor Pool 6/18 F 10:00am -10:50am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

10 Sessions			\$53
Instructor: Peggy Brower			
278598 MLK Swim Center	6/1	Tu	8:30am - 9:20am
278599 MLK Swim Center	6/3	Th	8:30am - 9:20am

AquaZumba

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a fun, muscle pumping, caloric burning dance workout done in shallow water and is guaranteed to make waves.

10 Sessions			\$53
Instructor: Peggy Brower			
278604 Germantown InSwC	6/7	M	9:30am -10:20am

Land-Based Instruction Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

TO Sessions			540
Instructor: Sally Dimsdale			
278610 Montgomery Aq Ctr	6/1	Tu	6:30pm - 7:20pm
278611 Montgomery Aq Ctr	6/3	Th	6:30pm - 7:20pm
278609 Montgomery Aq Ctr	6/4	F	7:30am - 8:20am
	Instructor: Sally Dimsdale 278610 Montgomery Aq Ctr 278611 Montgomery Aq Ctr	Instructor: Sally Dimsdale 278610 Montgomery Aq Ctr 6/1 278611 Montgomery Aq Ctr 6/3	Instructor: Sally Dimsdale 278610 Montgomery Aq Ctr 6/1 Tu 278611 Montgomery Aq Ctr 6/3 Th

Pilates (Stretch & Strenghten)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decreae stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

10 Sessions			\$77
Instructor: Sally Dimsdale			
278608 Germantown InSwC	6/5	Sa	8:30am - 9:30am
Instructor: Network, Inc W	/ellnes	SS	
278606 Olney Sw Ctr	6/1	Th	7:00pm - 8:00pm
278607 Olney Sw Ctr	6/3	Th	7:00pm -8:00pm
278605 Olney Sw Ctr	6/5	Sa	9:00am-10:00am
Additional Pilates classes list	ed on i	page 4	7.



Aquatics: 240-777-6860

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

10 Sess	sions			\$48
Instruc	tor: Peggy Brower			
278641	MLK Swim Center	6/1	Tu	7:30am - 8:20am
278646	Germantown InSwC	6/1	Tu	8:30pm - 9:20pm
278639	MLK Swim Center	6/2	W	1:00pm - 1:50pm
278648	Germantown InSwC	6/2	W	10:30am -11:20am
278642	MLK Swim Center	6/3	Th	7:30am - 8:20am
278647	Germantown InSwC	6/3	Th	8:30pm - 9:20pm
278995	MLK Swim Center	6/5	Sa	9:00am - 9:50am
278637	MLK Swim Center	6/7	М	1:00pm - 1:50pm
278841	Germantown InSwC	6/7	Μ	10:30am -11:20am
Instruc	tor: Sally Dimsdale			
278668	Montgomery Aq Ctr	6/1	Tu	10:00am -10:50am
278674	Montgomery Aq Ctr	6/1	Tu	7:30pm - 8:20pm
278669	Montgomery Aq Ctr	6/2	W	8:30am - 9:20am
278670	Montgomery Aq Ctr	6/2	W	1:30pm - 2:20pm
278671	Montgomery Aq Ctr	6/3	Th	10:00am -10:50am
278675	Montgomery Aq Ctr	6/3	Th	7:30pm - 8:20pm
278672	Montgomery Aq Ctr	6/4	F	8:30am - 9:20am
278673	Montgomery Aq Ctr	6/4	F	1:30pm - 2:20pm
278676	Germantown InSwC	6/5	Sa	9:30am -10:20am
278666	Montgomery Aq Ctr	6/7	Μ	8:30am - 9:20am
278667	Montgomery Aq Ctr	6/7	Μ	1:30pm - 2:20pm
278643	Bethesda Pool	6/13	Su	8:00am - 8:50am
278644	Bethesda Pool	6/14	Μ	8:00pm - 8:50pm
278649	Bethesda Pool	6/16	W	8:00pm - 8:50pm
Instruc	tor: Network, Inc W	ellnes	S	
278638	MLK Swim Center	6/1	Tu	7:00pm - 7:50pm
278650	Olney Sw Ctr	6/1	Tu	8:00pm - 8:50pm
278651	Olney Sw Ctr	6/1	Tu	8:30am - 9:20am
278655	Olney Sw Ctr	6/1	Tu	10:30am -11:20am
278662	Germantown InSwC	6/1	Tu	9:30am -10:20am
278658	Olney Sw Ctr	6/2	W	7:00pm - 7:50pm
278661	Olney Sw Ctr	6/2	W	6:30am - 7:20am
278663	Germantown InSwC	6/2	W	8:30pm - 9:20pm
278640	MLK Swim Center	6/3	Th	7:00pm - 7:50pm
278652	Olney Sw Ctr	6/3	Th	8:00pm - 8:50pm
278653	Olney Sw Ctr	6/3	Th	8:30am - 9:20am
278656	Olney Sw Ctr	6/3	Th	10:30am -11:20am
278664	Germantown InSwC	6/3	Th	9:30am -10:20am
278665	Olney Sw Ctr	6/5	Sa	9:00am - 9:50pm
278657	Olney Sw Ctr	6/7	М	7:00pm - 7:50pm
278659	Germantown InSwC	6/7	М	7:30pm - 8:20pm

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

10 Sess	sions			\$48
Instruct	tor: Sally Dimsdale			
281541	Olney Sw Ctr	6/7	Μ	8:00pm - 8:50pm
278677	Montgomery Aq Ctr	6/1	Tu	8:30am - 9:20am
78679	Montgomery Aq Ctr	6/2	W	9:30am -10:20am
278678	Montgomery Aq Ctr	6/3	Th	8:30am - 9:20am
278680	Montgomery Aq Ctr	6/4	F	9:30am -10:20am
278681	Montgomery Aq Ctr	6/7	Μ	9:30am -10:20am
Instruct	tor: Network, Inc W	√ellnes	S	
278684	Olney Sw Ctr	6/1	Tu	9:30am -10:20am
278686	MLK Swim Center	6/1	Tu	8:00pm - 8:50pm
278687	Germantown InSwC	6/2	W	7:30pm - 8:20pm
278683	Olney Sw Ctr	6/3	Th	7:00pm - 7:50pm
278685	Olney Sw Ctr	6/3	Th	9:30am -10:20am
278688	MLK Swim Center	6/3	Th	8:00pm - 8:50pm
278842	Germantown InSwC	6/3	Th	7:30pm - 8:20pm
278689	Germantown InSwC	6/7	M	8:30pm - 9:20pm

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

10 Sessions \$48				
Instruc	tor: Sally Dimsdale			
278615	Montgomery Aq Ctr	6/2	W	11:00am -11:50am
278616	Montgomery Aq Ctr	6/4	F	11:00am -11:50am
278614	Montgomery Aq Ctr	6/7	M	11:00am -11:50am
Instructo	r: Network, Inc Wellness			
278612	MLK Swim Center	6/1	Tu	10:30am -11:20am
278618	Olney Sw Ctr	6/2	W	10:00am -10:50am
278613	MLK Swim Center	6/3	Th	10:30am -11:20am
278619	Olney Sw Ctr	6/4	F	10:00am -10:50am
278617	Olney Sw Ctr	6/7	M	10:00am -10:50am

Water Exercise

278636 Olney Sw Ctr

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

get your face wet.				
10 Sessions \$48				
tor: Peggy Brower				
Germantown InSwC	6/1	Tu	7:30pm - 8:20pm	
MLK Swim Center	6/2	W	8:30am - 9:20am	
Germantown InSwC	6/2	W	9:30am -10:20am	
Germantown InSwC	6/3	Th	7:30pm - 8:20pm	
MLK Swim Center	6/4	F	8:30am - 9:20am	
Germantown InSwC	6/4	F	9:30am -10:20am	
MLK Swim Center	6/7	M	8:30am - 9:20am	
tor: Sally Dimsdale	9			
Montgomery Aq Ctr	6/1	Tu	11:30am -12:20pm	
Montgomery Aq Ctr	6/1	Tu	8:30pm - 9:20pm	
Montgomery Aq Ctr	6/2	W	8:30pm - 9:20pm	
Montgomery Aq Ctr	6/3	Th	11:30am -12:20pm	
Montgomery Aq Ctr	6/7	M	8:30pm - 9:20pm	
Instructor: Network, Inc Wellness				
Olney Sw Ctr	6/1	Tu	7:00pm - 7:50pm	
Olney Sw Ctr	6/2	W	9:00am - 9:50am	
Olney Sw Ctr	6/2	W	8:00pm - 8:50pm	
Olney Sw Ctr	6/4	F	9:00am - 9:50am	
	Germantown InSwC MLK Swim Center tor: Sally Dimsdale Montgomery Aq Ctr Olney Sw Ctr Olney Sw Ctr	Sions tor: Peggy Brower Germantown InSwC 6/1 MLK Swim Center 6/2 Germantown InSwC 6/3 MLK Swim Center 6/4 Germantown InSwC 6/4 MLK Swim Center 6/4 MLK Swim Center 6/7 tor: Sally Dimsdale Montgomery Aq Ctr 6/1 Montgomery Aq Ctr 6/2 Montgomery Aq Ctr 6/3 Montgomery Aq Ctr 6/3 Montgomery Aq Ctr 6/3 Montgomery Aq Ctr 6/3 Montgomery Aq Ctr 6/7 tor: Network, Inc Wellnes Olney Sw Ctr 6/1 Olney Sw Ctr 6/2 Olney Sw Ctr 6/2	Germantown InSwC 6/1 Tu MLK Swim Center 6/2 W Germantown InSwC 6/3 Th MLK Swim Center 6/4 F Germantown InSwC 6/4 F MLK Swim Center 6/4 F Germantown InSwC 6/4 F MLK Swim Center 6/7 M tor: Sally Dimsdale Montgomery Aq Ctr 6/1 Tu Montgomery Aq Ctr 6/1 Tu Montgomery Aq Ctr 6/2 W Montgomery Aq Ctr 6/3 Th Montgomery Aq Ctr 6/3 Th Montgomery Aq Ctr 6/7 M tor: Network, Inc Wellness Olney Sw Ctr 6/1 Tu Olney Sw Ctr 6/2 W Olney Sw Ctr 6/2 W	

9:00am - 9:50am



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Spring session of RMSC begins April 12, 2010. The Spring only session of RMSC runs to May 28, 2010. Summer practice may change due to scheduling conflicts. The Spring/Summer session of RMSC runs to August 6, 2010.

GERMANTOWN INDOOR SWIM CENTER

For information contact Peter Haack at 240-777-6830 or Peter.Haack@montgomerycountymd.gov.

MINIS (271813) Spring only	\$220
Monday	5:00pm-6:00pm
Wednesday, Friday	5:30pm-6:30pm
Sunday	7:00am-8:00am
Recommended attendance: 2/week	

JUNIORS (271815) Spring only	\$250	
Wednesday, Friday	6:30pm-7:30pm	
Thursday	5:00pm-6:00pm	
Sunday	7:00am-8:00am	

Recommended attendance: 2/week.

ADVANCED JUNIORS (271817)	Spring only	\$275
Spring/Summer (271816)		\$ 575
Tuesday, Thursday	6:00pm-7:3	30pm
Friday	5:00pm-6:3	30pm
Sunday	6:30am-8:0	00am
Recommended attendance: 3-5/week		

SENIORS (271818) Spring only \$275 5:00pm-6:00pm Tuesday Wednesday 4:45am-6:00am Thursday, Friday 3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS (271819)	\$675
Monday, Tuesday	3:30pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Wednesday, Friday	3:30pm-5:30pm
Saturday	5:30am-7:30am
m B I I 'd Add I d	

* Required practice. Minimum practices required: 5/week.

NDG (271820)	\$675
Monday, Wednesday, Thursday	6:00pm-7:30pm
Tuesday	5:30pm-7:30pm
Saturday	7:00am-9:00am
Minimum practices required, Elwal	

Minimum practices required: 5/week NTG (271821) \$725 3:30pm-6:00pm Monday, Wednesday

Tuesday, Friday 3:30pm-5:30pm Thursday 3:30pm-5:00pm Saturday 6:00am-9:00am Monday, Wednesday, Friday 4:45am-6:00am Minimum practices required: 7/week

*Friday practice is required. Minimum practices required: 6/week.



The program fee covers only the practice time and locker room use. If you wish to use the facility before or after practice, you must pay the cost of admission.

MARTIN LUTHER KING, JR. SWIM CENTER

Aguatics: 240-777-6860

For information contact Carey Apple at 240-777-8060 or Carey.Apple@montgomerycountymd.gov.

MINIS (271833) Spring only	\$220
Monday, Wednesday	5:00pm-6:00pm
Friday	4:30pm-5:30pm
Recommended attendance: 2-3/week	

JUNIORS (271834) Spring only \$250 Monday, Wednesday 6:00pm-7:00pm Friday 5:30pm-7:00pm 8:00am-9:30am Sunday

Recommended attendance: 3/week.

ADVANCED JUNIORS (271836) Spring only		\$275	
Spring/Summer (271835)		\$ 575	
Monday, Wednesday	5:30pm-7:	00pm	
Friday	5:00pm-6:	30pm	
Sunday	7:00am-9:	00am	
Monday - DRYLAND	5:30pm-6:	00pm	

Required attendance: 3-4/week.

SENIORS (271837) Spring only \$275

Tuesday, Wednesday, Thursday, Friday3:30pm-5:00pm Recommended attendance: 3/week.

ADVANCED SENIORS (271838)	\$675
Mon, Tu, Th Fri	3:30pm-5:00pm*
Wednesday	3:30pm-5:30pm
Monday & Friday	4:45am-6:00am
Saturday	6:00am-9:00am

Minimum attendance required: 5/week. * Dryland practice required until 5:45pm.

NDG (271839) Spring/Summer	\$675
Monday	4:00pm-6:00pm
Tuesday, Thursday	5:00pm-6:30pm
Wednesay	4:45pm-6:00pm
Sunday	6:00am-9:00am

4:45am-6:30am

Wednesday Minimum attendance required: 5/week.

Dryland practices are required. Iu, Ih, Fri	4:15pm-5:00pm
NTG (271840)	\$725
Monday	4:00pm-6:30pm
Tuesday, Thursday	4:30pm-7:00pm

4:30pm-6:00pm Wednesday 6:00am-9:00am Saturday Monday, Wednesday, Friday 4:45am-6:00am

Minimum attendance required: 6-7/week. Dryland practices are required. Times TBA.



MONTGOMERY AQUATIC CENTER

For information contact Christa Krukiel at 240-777-8070 or Christa.Krukiel@montgomerycountymd.gov.

MINIS (271686) Spring only	\$220
Monday, Wednesday	6:00pm-7:00pm
Tuesday, Thursday	5:00pm-5:45pm
Recommended attendance: 2/week.	

 JUNIORS (271687) Spring only
 \$250

 Monday, Wednesday, Friday
 5:00pm-6:00pm

 Sunday
 8:45am-10:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS (271689) Spring only		5
Spring/Summer (271688)	\$57 5	5
Tuesday, Thursday	5:45pm-7:15pm	

 Tuesday, Thursday
 5:45pm-7:15pm

 Wednesday
 6:15pm-7:30pm

 Friday
 5:45pm-7:00pm

 Sunday
 7:00am-9:00am

Required attendance: 3/week.

SENIORS Spring only

 OPTION 1 (271690)*
 \$275

 Monday, Wednesday, Friday
 3:30pm-5:00pm

 Tuesday, Thursday
 4:45am-6:15am

 Sunday
 6:00am-8:00am

 OPTION 2 (271691)*
 \$275

 Tuesday, Thursday, Friday
 3:30pm-5:00pm

 Tuesday, Thursday
 4:45am-6:15am

 Sunday
 6:00am-8:00am

OPTION 3 (271770)*

Monday, Wednesday
Friday
Tuesday, Thursday
Sunday

*Minimum practices required: 3/week including 1 morning.

SENIORS (271771) Summer only \$275

Begins in June. Coaches will inform swimmers of exact dates. Between May 31, 2010 until school is out practice will be from 4:45 am - 6:15 am.

Monday, Wednesday, Friday 5:30am-7:00am Recommended attendance: 3/week.

ADVANCED SENIORS (271692)

Monday, Tuesday, Weds, Thursday
Tuesday, Thursday, Friday
Sunday

4:45am-6:15am
6:00am-8:00am

Minimum practices required: 6/week. Friday mornings are required.

NDG (271693) \$675

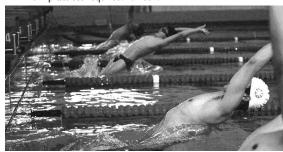
Monday, Tuesday, Thursday, Friday 6:00pm-7:30pm
Wednesday 4:45am-6:15am
Saturday 5:00am-8:00am

Minimum practices required: 5/week.

NTG (271694) \$725 Monday, Tuesday, Thursday, Friday 3:45pm-6:00pm Wednesday 3:45pm-6:15pm

Wednesday 3:45pm-6:15pm Tuesday, Weds, Thursday, Friday 4:45am-6:15am Saturday 5:00am-8:00am

Minimum practices required: 7/week.





OLNEY SWIM CENTER

For information contact Jay Garner at 240-777-4995 or Jay.Garner@montgomerycountymd.gov.

MINIS (271823) Spring only	\$220
Tuesday, Thursday, Friday	6:00pm-7:00pm
Recommended attendance: 2/week.	

JUNIOR 1 (271824) Spring only
Tuesday, Thursday
Sunday

\$220
6:00pm-7:00pm
8:00am-9:00am

Recommended attendance: 2/week.

 JUNIOR 2 (271825) Spring only
 \$250

 Monday, Wednesay
 6:00pm-7:00pm

 Friday
 5:00pm-6:00pm

 Sunday
 7:30am-8:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS (271827) Spring only \$275 Spring/Summer (271826) \$575 Tuesday, Thursday, Friday 5:00pm-6:00pm Wednesday 5:30pm-7:00pm Sunday 7:30am-9:00am

Required attendance: 3-5/week.

SENIORS (271828) Spring only Tuesday, Weds, Thursday, Friday 3:45pm-5:00pm Recommended attendance: 3/week.

ADVANCED SENIORS (271829)

Monday, Wednesday, Friday
Tuesday
Tuesday, Thursday
Saturday

3:30pm-5:30pm
3:00pm-5:00pm
4:45am-6:15am
5:30am-7:30am

Required attendance: 5/week.

NDG (271830) \$675

Monday, Friday 5:30pm-7:00pm
Tuesday, Thursday 5:00pm-7:00pm
Sunday 7:00am-9:00am

Minimum practices required: 4/week.

NTG (271831)

Monday, Tuesday, Weds, Thursday Friday Monday, Wednesday, Friday Saturday

Minimum practices required: 7/week.





\$725

3:00pm-6:00pm 3:00pm-5:00pm 4:45am-6:15am

6:00am-9:00am

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, OSC and GISC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC and GISC. AAU registration is required. Visit www.aausports.org to register. Team and pre-team groups are by invitation only. For futher information call MDC at 240-765-1760 or email www.montgomerydiveclub.org.

Dive Team (GISC/MAC): Registration for this program is limited to invitation only. Participants must attend a minimum of 5 practices per week and must meet strength and flexibility requirements as well as skill requirements.



These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the summer swim team member.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

Montgomery Stroke & Turn Clinic

Montgomery Stroke & Turn Clinic (MSTC) is a Sunday evening program which runs from late October to late May. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters/yards of freestlye without stopping. This program will meet for 22 sessions. The program will begin October 24, 2010 and run to May 15, 2011. There will be no clinic on November 25, December 26, January 2, February 6, April 17, April 24, and two other Sundays which will be anounced at the first session. Registration will begin July 7, 2010.

22 Sessions \$330.00 Instructor: clinics MSTC						
279722 Montgomery AqC	tr 10/24 Su	5:00pm - 6:00pm				
279723 Montgomery AqC	tr 10/24 Su	6:00pm - 7:00pm				
279724 Montgomery AqC	tr10/24 Su	7:00pm - 8:00pm				
279725 Olney Swin Ctr	10/24 Su	5:00pm - 6:00pm				
279726 Olney Swim Ctr	10/24 Su	6:00pm - 7:00pm				
279727 Olney Swim Ctr	10/24 Su	7:00pm - 8:00pm				
279728 German InSwCtr	10/24 Su	6:00pm - 7:00pm				
279729 German InSwCtr	10/24 Su	7:00pm - 8:00pm				
279730 MLK Swim Ctr	10/24 Su	6:00pm - 7:00pm				
279731 MLK Swim Ctr	10/24 Su	7:00pm - 8:00pm				



Aguatics: 240-777-6860

Masters Swim Training

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition. Training is offered at MLK, MAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

Payments by Visa or MasterCard must be done on-line or in person at the facility. This is to ensure security of your credit card information.

279958	1 day per week	\$105
279959	2 days per week	\$145
279960	3 days per week	\$185
279961	4 days per week	\$225
279962	5 days per week	\$265

Practice Schedule - until June 19, 2010

GISC	M,W,F	6:30am-7:30am
	Tu, Th	8:30pm-10:00pm
MAC	Tu, Th	8:30pm-10:00pm
	F	8:30pm-9:30pm
	Su	8:00am-10:00am
OSC	Tu, Th	8:30pm-10:00pm
	Sa	7:30am-9:00am
MLK	M, W	8:30pm-10:00pm

After June 19, 2010 practices moves to the outdoor pools.



Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.





Safety Training 2009-2010

Aguatics: 240-777-6860

Germantown Indoor Swim Center (GISC) 240-777-6830

Martin Luther King, Jr. Swim Center (MLK) 240-777-8060

Montgomery Aquatic Center (MAC) 240-777-8070

Olney Swim Center (OSC) 240-777-4995

MCRD-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training \$175

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer, First Aid and AED. This course includes a pre-course check, which will test the students' swimming proficiency. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR and AED for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The pre-course consists of 300 meter swim (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke); and swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards back to starting position with the object. The first date listed for every Lifeguard Training course is a pre-course. You MUST pass the pre-course to continue.

Germantown Indoor Swim Center

LGT 5: Course 254719

 Pre-course
 Wednesday, June 16, 2010
 8:00pm
 9:30pm

 Sunday
 June 20, 27, July 11 & 18, 2010
 10:00am
 4:30pm

 Wednesday
 June 23, 30, & July 7, 2010
 6:30pm
 9:30pm

Montgomery Aquatic Center

LGT 7: Course 256116

Pre-course	Thursday, June 17, 2010	6:30pm	9:00pm
Friday	June 18, 2010	9:00am	3:30pm
Monday	June 21, 2010	9:00am	3:30pm
Tuesday	June 22, 2010	9:00am	3:30pm
Wednesday	June 23, 2010	9:00am	3:30pm
Thursday	June 24, 2010	9:00am	12:30pm





Martin Luther King, Jr. Swim Center

LGT 6: Course 255274

Pre-course	Saturday, May 1, 2010	9:00am	12:30pm
Sunday	May 2, 9, & 16, 2010	9:00am	12:30pm
Tuesday	May 4, 11, & 18, 2010	6:30pm	9:30pm
Saturday	May 8 & 15, 2010	9:00am	12:30pm
Monday	May 10 & 17, 2010	6:30pm	9:30pm

Olney Swim Center

LGT 6: Course 257015

Pre-course	Saturday, June 19, 2010	4:00pm	5:30pm
Monday	June 21, 2010	9:00am	4:30pm
Tuesday	June 22, 2010	9:00am	4:30pm
Wednesday	June 23, 2010	9:00am	4:30pm
Thursday	June 24, 2010	9:00am	4:30pm
Friday	June 25, 2010	9:00am	4:30pm

CPR/FPR/AED

\$70

This course will certify you in CPR/FPR/AED (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

Montgomery Aquatic Center

CPR/FPR/AED 2: Course 255372

Tuesday, June 1, 2010 6:00pm 10:00pm Thursday, June 3, 2010 6:00pm 10:00pm

Germantown Indoor Swim Center

CPR/FPR/AED 1: Course 254720

Sunday, Mar. 14 & 21, 2010 4:00pm 8:00pm

Martin Luther King, Jr. Swim Center

CPR/FPR/AED 1: Course 258789

Thursday, May 13, 2010 6:00pm 10:00pm Friday, May 14, 2010 6:00pm 10:00pm

Olney Swim Center

CPR/FPR/AED 1: Course 259091

Saturday, June 12, 2010 2:00pm 6:00pm Sunday, June 13, 2010 2:00pm 6:00pm







Ways to Register for Swim Lessons



RecWeb Online registration at **recweb.montgomerycountymd.gov.** Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by May 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools.

Indoor Pool Swim Lesson Registration processing will begin May 19, 2010, at 6:30am. Non-County residents registration begins MAY 20. No registrations will be processed before this time.

Outdoor pool swim lesson registration processing begins on June 7, 2010, at 6:30am. Non-County residents registration begins June 8.

Please note the following:

Aguatics: 240-777-6860

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson guestions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.

Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor and outdoor pools. Swim lesson fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.



Swimming Lesson Skills

At each level of swim instruction, various skills will be taught.

For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at www.montgomerycountymd.gov/rec.



Swim Lessons

Screening is available to evaluate the student's abilities at each pool. Call the pool of your choice and speak to the Lesson Coordinator for evaluation times (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30-minute sessions.

NOTE: Lessons will NOT be held on the following dates at each facility due to schedule changes and various facility programming. Lessons WILL BE held on all other days the facilities are open. Please register accordingly.

Germantown Indoor Swim Center Martin Luther King Jr. Swim Center

May 29 through 31 May 2 May 30

Iviay .

NOTE: The Montgomery Aquatic Center will hold lessons over the Memorial Day weekend.



Parents overconfident in their child's swimming ability

According to the American Academy of Pediatrics, "generally, children are not developmentally ready for swimming lessons until after their fourth birthday. Aquatic programs for infants and toddlers have not been shown to decrease the risk of drowning, and parents should not feel secure that their child is safe in water

or safe from drowning after participating in such programs." Parent assisted classes will help a child adapt and feel comfortable in the water, helping to prepare the child for future lessons.

That doesn't mean, however, that children should not get swimming instruction. "Some have the misconception that the AAP is saying that no child should have swimming lessons until they are 4. There are developmental differences with every child." said Dr. Eric Small, chairman of the AAP Council on Sports Medicine and Fitness.

What he does stress is that parents should be within arm's reach of a child, regardless of whether that child has had swimming lessons, until a child is 6 to 8 years old, depending on the child's swimming ability. "Physically, children are not ready for all the coordination of the motions and the balance in the water at younger ages than 4. Some are not ready until they are 5 or 6," Dr. Small said.

The AAP report on swimming safety states that "children who begin swimming lessons at an earlier age does not translate to a more rapid mastery of aquatic skills or a higher level of swimming proficiency compared with those taking lessons at a later age."

Drowning is a leading cause of unintentional injury and death in the pediatric age group. In the United States, drowning rates are the highest among children ages 1 through 2, according to the AAP.

Aguatics: 240-777-6860



WATERBABIES

Aguatics: 240-777-6860

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained MUST wear separate rubber/vinyl pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

 274273
 Gtown InSwCtr
 6/19
 Sa
 10:50am -11:20am

 274274
 Gtown InSwCtr
 6/20
 Su
 10:50am -11:20am

 274275
 Gtown InSwCtr
 6/21
 M, Tu, W
 11:00am -11:30am

 274422
 Gtown InSwCtr
 7/5
 M, Tu, W
 11:00am -11:30am

Martin Luther King Swim Center

 276621
 MLK Sw Ctr
 6/19
 Sa
 9:40am -10:10am

 276617
 MLK Outdoor
 6/20
 Su
 11:00am-11:30am

 276618
 MLK Sw Ctr
 6/21
 M, W, F
 10:20am-10:50am

 276619
 MLK Sw Ctr
 6/22
 Tu
 5:40pm - 6:10pm

 276620
 MLK Sw Ctr
 6/24
 Th
 5:00pm - 5:30pm

Montgomery Aquatic Center

279883 Mont Aq Ctr 6/19 Sa 9:40am -10:10am 10:20am -10:50am 279884 Mont Aq Ctr 6/20 Su 279885 Mont Ag Ctr 6/21 M, W, F 10:20am-10:50am 279888 Mont Aq Ctr 6/21 M, W, F 9:00am - 9:30am 279890 Mont Aq Ctr 6/22 Tu, Th 9:00am - 9:30am M, W, F 279886 Mont Aq Ctr 10:20am -10:50am 7/5 279889 Mont Ag Ctr M. W. F 9:00am - 9:30am 7/5 9:00am - 9:30am 279891 Mont Aq Ctr 7/6 Tu, Th 279887 Mont Aq Ctr 7/19 M, W, F 9:00am - 9:30am

Olney Indoor Swim Center

 279608
 Olney Sw Ctr
 6/19
 Sa
 11:20am -11:50am

 279609
 Olney Sw Ctr
 6/20
 Su
 11:20am -11:50am

 279611
 Olney Sw Ctr
 6/21
 M, Tu, W
 10:15am -10:45am

 279610
 Olney Sw Ctr
 6/24
 Th
 10:50am -11:20am

 279612
 Olney Sw Ctr
 7/19
 M, Tu, W
 10:15am -10:45am

Outdoor Pools

Bethesda Outdoor Pool

279419	Beth Outdoor	6/19	Sa	9:40am -10:10am
279420	Beth Outdoor	6/20	Su	10:20am -10:50am
279421	Beth Outdoor	6/20	Su	11:00am -11:30am
279416	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279418	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279417	Beth Outdoor	7/5	M-Th	10:20am -10:50am

Germantown Outdoor Pool

279251 Gtown Outdoor 6/19 Sa 10:20am -10:50am 279250 Gtown Outdoor 7/5 M-Th 9:40am -10:10am

Long Branch Outdoor Pool

279465 Long Br Outdoor 6/20 Su 11:00am -11:30am

Wheaton/Glenmont Outdoor Pool

 279324
 Whtn/Glnmt Pool
 6/26
 Sa
 9:40am -10:10am

 279325
 Whtn/Glnmt Pool
 7/19
 M-Th
 10:30am -11:00am

AQUATOTS

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. Infants/children who are not toilet trained MUST wear separate rubber/vinyl pants. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274288	Gtown InSwCtr	6/16	W	5:30pm - 6:00pm
274282	Gtown InSwCtr	6/19	Sa	10:10am -10:40am
274283	Gtown InSwCtr	6/19	Sa	11:30am -12:00pm
274284	Gtown InSwCtr	6/20	Su	10:10am -10:40am
274285	Gtown InSwCtr	6/20	Su	11:30am -12:00pm
274286	Gtown InSwCtr	6/21	M, Tu, W	10:20am -10:50am
274287	Gtown InSwCtr	6/22	Tu	6:10pm - 6:40pm
274289	Gtown InSwCtr	7/5	M, Tu, W	10:20am -10:50am
274290	Gtown InSwCtr	7/19	M, Tu, W	10:20am -10:50am

Martin Luther King Swim Center

276563	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276559	MLK Outdoor	6/20	Su	9:00am - 9:30am
276560	MLK Outdoor	6/20	Su	10:20am -10:50am
276561	MLK Sw Ctr	6/21	M, W, F	9:00am - 9:30am
276564	MLK Sw Ctr	7/5	M, W, F	9:40am -10:10am
276562	MLK Sw Ctr	6/24	Th	5:40pm - 6:10pm
276565	MLK Sw Ctr	7/19	F, M, W	9:00am - 9:30am

Montgomery Aquatic Center

279826	Mont Aq Ctr	6/19	Sa	10:20am -10:50am
279827	Mont Aq Ctr	6/20	Su	9:40am -10:10am
279828	Mont Aq Ctr	6/21	M, W, F	9:40am -10:10am
279829	Mont Aq Ctr	6/21	M, W	6:25pm - 6:55pm
279833	Mont Aq Ctr	6/22	Tu, Th	9:40am -10:10am
279830	Mont Aq Ctr	7/5	M, W, F	9:40am -10:10am
279831	Mont Aq Ctr	7/5	M, W	6:25pm - 6:55pm
279834	Mont Aq Ctr	7/13	Tu, Th	9:40am -10:10am
279832	Mont Ag Ctr	7/19	M. W. F	9:40am -10:10am

Olney Indoor Swim Center

279492	Olney Sw Ctr	6/19	Sa	10:40am -11:10am
279493	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279497	Olney Sw Ctr	6/21	M, Tu, W	10:55am -11:25am
279496	Olney Sw Ctr	6/22	Tu	5:55pm - 6:25pm
279494	Olney Sw Ctr	6/24	Th	10:10am -10:40am
279495	Olney Sw Ctr	6/24	Th	6:30pm - 7:00pm
279498	Olney Sw Ctr	7/5	M, Tu, W	10:15am -10:45am

Outdoor Pools

Bethesda Outdoor

279359	Beth Outdoor	6/19	Sa	9:00am - 9:30am
279360	Beth Outdoor	6/19	Sa	9:40am -10:10am
279361	Beth Outdoor	6/19	Sa	10:20am -10:50am
279364	Beth Outdoor	6/19	Sa	11:00am -11:30am
279362	Beth Outdoor	6/20	Su	9:00am - 9:30am
279363	Beth Outdoor	6/20	Su	10:20am -10:50am
279365	Beth Outdoor	6/20	Su	9:40am -10:10am
279355	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279356	Beth Outdoor	7/5	M-Th	9:40am -10:10am
279357	Beth Outdoor	7/19	M-Th	9:00am - 9:30am
279358	Beth Outdoor	8/2	M-Th	10:20am -10:50am



Germantown Outdoor Pool

279204	Gtown Outdoor	6/19	Sa	9:40am -10:10am
279205	Gtown Outdoor	6/20	Su	9:00am - 9:30am
279202	Gtown Outdoor	6/21	M-Th	9:40am -10:10am
279203	Gtown Outdoor	8/2	M-Th	9:40am -10:10am

Long Branch Outdoor Pool

279443 Long Br Outdoor 6/20 Su 10:20am -10:50am 279444 Long Br Outdoor 7/19 M-Th 9:00am - 9:30am

Western County Outdoor Pool

279677 Western Outdoor 6/19 Sa 9:40am -10:10am

Wheaton/Glenmont Outdoor Pool

279277	Whtn/Glnmt Pool	6/19	Sa	10:20am -10:50am
279278	Whtn/Glnmt Pool	6/20	Su	9:00am - 9:30am
279279	Whtn/Glnmt Pool	7/5	M-Th	10:30am -11:00am
279280	Whtn/Glnmt Pool	7/19	M-Th	9:50am -10:20am
279281	Whtn/Glnmt Pool	8/2	M-Th	9:15am - 9:45am

PRE-SCHOOL

Designed for childern 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/ children who are not toilet trained MUST wear separate rubber/ vinyl pants. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274298	Gtown InSwCtr	6/16	W	6:10pm - 6:40pm
274292	Gtown InSwCtr	6/19	Sa	9:30am -10:00am
274293	Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
274294	Gtown InSwCtr	6/20	Su	9:30am -10:00am
274295	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274296	Gtown InSwCtr	6/21	M, Tu, W	9:40am -10:10am

Martin Luther King Swim Center

276612	MLK Sw Ctr	6/19	Sa	10:20am -10:50am
276613	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276608	MLK Outdoor	6/20	Su	9:40am -10:10am
276609	MLK Sw Ctr	6/22	Tu, Th	9:30am -10:00am
276610	MLK Sw Ctr	6/22	Tu	5:00pm - 5:30pm
276611	MLK Sw Ctr	6/24	Th	6:20pm - 6:50pm
276616	MLK Sw Ctr	7/13	Tu, Th	10:10am -10:40am
276614	MLK Sw Ctr	7/19	M, W, F	10:20am -10:50am
276615	MLK Sw Ctr	8/2	M, W, F	9:00am - 9:30am

Montgomery Aquatic Center

279878	Mont Aq Ctr	6/19	Sa	9:00am - 9:30am
279879	Mont Aq Ctr	6/21	M, W	5:45pm - 6:15pm
279880	Mont Aq Ctr	6/22	Tu, Th	10:20am -10:50am
279881	Mont Aq Ctr	7/5	M, W	5:45pm - 6:15pm
279882	Mont Aq Ctr	7/6	Tu, Th	10:20am -10:50am

Olney Indoor Swim Center

279599	Olney Sw Ctr	6/19	Sa	10:00am -10:30am
279600	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279601	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279602	Olney Sw Ctr	6/20	Su	12:00pm -12:30pm
279604	Olney Sw Ctr	6/22	Tu	6:30pm - 7:00pm
279605	Olney Sw Ctr	6/23	W	6:25pm - 6:55pm
279603	Olney Sw Ctr	6/24	Th	9:30am -10:00am
279606	Olney Sw Ctr	7/5	M, Tu, W	10:55am -11:25am
279607	Olney Sw Ctr	7/19	M, Tu, W	9:00am - 9:30am

Aquatics: 240-777-6860

Outdoor Pools

Bethesda Outdoor Pool

279411	Beth Outdoor	6/19	Sa	9:00am - 9:30am
279412	Beth Outdoor	6/19	Sa	11:00am -11:30am
279414	Beth Outdoor	6/19	Sa	10:20am -10:40am
279413	Beth Outdoor	6/20	Su	9:00am - 9:30am
279415	Beth Outdoor	6/20	Su	9:40am -10:10am
279407	Beth Outdoor	6/21	M-Th	9:00am - 9:30am
279409	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279408	Beth Outdoor	7/5	M-Th	9:00am - 9:30am
279410	Beth Outdoor	7/19	M-Th	9:00am - 9:30am

Germantown Outdoor Pool

279248	Gtown Outdoor	6/19	Sa	9:00am - 9:30am
279249	Gtown Outdoor	6/20	Su	9:40am -10:10am
279246	Gtown Outdoor	7/19	M-Th	9:40am -10:10am
279247	Gtown Outdoor	8/2	M-Th	10:20am -10:50am

Long Branch Outdoor Pool

279461	Long Br Outdoor	6/20	Su	9:40am -10:10am
279462	Long Br Outdoor	6/21	M-Th	9:40am -10:10am
279464	Long Br Outdoor	7/20	Tu, Th	7:30pm - 8:00pm
279463	Long Br Outdoor	8/2	M-Th	10:20am -10:50am

Western County Outdoor Pool

30am
30am
00pm
10am
10am

Wheaton/Glanmont Outdoor Pool

	LUII/ UIGIIII	UIIL	VIIIIVII	i UUI
279318	Whtn/Glnmt Pool	6/19	Sa	9:00am - 9:30am
279319	Whtn/Glnmt Pool	6/20	Su 1	10:20am -10:50am
279320	Whtn/Glnmt Pool	6/21	M-Th	9:15am - 9:45am
279321	Whtn/Glnmt Pool	6/21	M-Th 1	10:30am -11:00am
279322	Whtn/Glnmt Pool	7/5	M-Th	9:15am - 9:45am
279323	Whtn/Glnmt Pool	8/2	M-Th	9:50am -10:20am





Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions

\$59

Indoor Pools

Germantown Indoor Swim Center

uci	iantown in	luvui	OWILL	
274406	Gtown InSwCtr	6/16	W	5:30pm - 6:00pm
274407	Gtown InSwCtr	6/17	Th	5:30pm - 6:00pm
274393	Gtown InSwCtr	6/19	Sa	9:30am -10:00am
274394	Gtown InSwCtr	6/19	Sa	10:10am -10:40am
274395	Gtown InSwCtr	6/19	Sa	10:50am -11:20am
274396	Gtown InSwCtr	6/19	Sa	11:30am -12:00pm
274397	Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
274398	Gtown InSwCtr	6/20	Su	9:30am -10:00am
274399	Gtown InSwCtr	6/20	Su	10:10am -10:40am
274400	Gtown InSwCtr	6/20	Su	11:30am -12:00pm
274401	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274402	Gtown InSwCtr	6/21	M, Tu, W	9:00am - 9:30am
274403	Gtown InSwCtr	6/21	M, Tu, W	9:40am -10:20am
274404	Gtown InSwCtr	6/21	M, Tu, W	11:00am -11:30am
274405	Gtown InSwCtr	6/22	Tu	5:30pm - 6:00pm
274408	Gtown InSwCtr	7/5	M, Tu, W	9:00am - 9:30am
274409	Gtown InSwCtr	7/5	M, Tu, W	9:40am -10:10am
274410	Gtown InSwCtr	7/19	M, Tu, W	9:00am - 9:30am
274411	Gtown InSwCtr	7/19	M, Tu, W	9:40am -10:10am
274412	Gtown InSwCtr	7/19	M, Tu, W	10:20am -10:50am
274413	Gtown InSwCtr	8/2	M, Tu, W	9:30am -10:00am

Martin Luther King Swim Center

			O 11	
276572	MLK Sw Ctr	6/19	Sa	10:20am -10:50am
276573	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276579	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276566	MLK Outdoor	6/20	Su	9:00am - 9:30am
276567	MLK Outdoor	6/20	Su	10:20am -10:50am
276568	MLK Sw Ctr	6/21	M, W, F	9:40am -10:10am
276575	MLK Sw Ctr	6/21	M, W, F	9:00am - 9:30am
276569	MLK Sw Ctr	6/22	Tu	5:00pm - 5:30pm
276570	MLK Sw Ctr	6/23	W	5:00pm - 5:30pm
276571	MLK Sw Ctr	6/24	Th	5:40pm - 6:10pm
276576	MLK Sw Ctr	7/5	M, W, F	10:20am -10:50am
276577	MLK Sw Ctr	7/5	M, W, F	9:00am - 9:30am
276574	MLK Sw Ctr	7/19	M, W, F	10:20am -10:50am
276578	MLK Sw Ctr	8/2	M, W, F	9:40am-10:10am

Montgomery Aquatic Center

279835	Mont Aq Ctr	6/19	Sa	9:00am - 9:30am
279836	Mont Aq Ctr	6/19	Sa	9:40am -10:10am
279837	Mont Aq Ctr	6/19	Sa	11:00am -11:30am
279838	Mont Aq Ctr	6/20	Su	9:40am -10:10am
279839	Mont Aq Ctr	6/20	Su	11:00am -11:30am
279841	Mont Aq Ctr	6/21	M, W, F	10:20am -10:50am
279842	Mont Aq Ctr	6/21	M, W	5:45pm - 6:15pm
279840	Mont Aq Ctr	6/22	Tu, Th	9:40am -10:10am
279843	Mont Aq Ctr	6/22	Tu, Th	9:00am - 9:30am
279845	Mont Aq Ctr	6/22	Tu, Th	6:25pm - 6:55pm
279850	Mont Aq Ctr	6/22	Tu, Th	5:45pm - 6:15pm
279848	Mont Aq Ctr	7/5	M, W	5:45pm - 6:15pm
279852	Mont Aq Ctr	7/5	M, W, F	10:20am -10:50am
279844	Mont Aq Ctr	7/13	Tu, Th	5:45pm - 6:15pm
279846	Mont Aq Ctr	7/13	Tu, Th	9:40am -10:10am
279849	Mont Aq Ctr	7/13	Tu, Th	9:00am - 9:30am
279851	Mont Aq Ctr	7/13	Tu, Th	6:25pm - 6:55pm
279847	Mont Ag Ctr	7/19	M, W, F	10:20am -10:50am

Olney Indoor Swim Center

UIIIE	y illuuut on			
279499	Olney Sw Ctr	6/19	Sa	10:00am -10:30am
279500	Olney Sw Ctr	6/19	Sa	10:40am -11:10am
279501	Olney Sw Ctr	6/19	Sa	11:20am -11:50am
279502	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279532	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279503	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279504	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279505	Olney Sw Ctr	6/20	Su	11:20am -11:50am
279506	Olney Sw Ctr	6/20	Su	12:00pm -12:30pm
279533	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279517	Olney Sw Ctr	6/21	M, Tu, W	9:00am - 9:30am
279518	Olney Sw Ctr	6/21	M, Tu, W	9:35am -10:05am
279519	Olney Sw Ctr	6/21	M, Tu, W	10:15am -10:45am
279520	Olney Sw Ctr	6/21	M, Tu, W	10:55am -11:25am
279534	Olney Sw Ctr	6/21	M, Tu, W	9:00am - 9:30am
279513	Olney Sw Ctr	6/22	Tu	5:55pm - 6:25pm
279514	Olney Sw Ctr	6/22	Tu	6:30pm - 7:00pm
279515	Olney Sw Ctr	6/23	W	6:25pm - 6:55pm
279516	Olney Sw Ctr	6/23	W	7:05pm - 7:35pm
279507	Olney Sw Ctr	6/24	Th	9:30am -10:00am
279508	Olney Sw Ctr	6/24	Th	9:30am -10:00am
279509	Olney Sw Ctr	6/24	Th	10:10am -10:40am
279510	Olney Sw Ctr	6/24	Th	10:50am -11:20am
279511	Olney Sw Ctr	6/24	Th	5:55pm - 6:25pm
279512	Olney Sw Ctr	6/24	Th	6:30pm - 7:00pm
279521	Olney Sw Ctr	7/5	M, Tu, W	9:00am - 9:30am
279522	Olney Sw Ctr	7/5	M, Tu, W	9:35am -10:05am
279523	Olney Sw Ctr	7/5	M, Tu, W	10:15am -10:45am
279524	Olney Sw Ctr	7/5	M, Tu, W	10:55am -11:25am
279525	Olney Sw Ctr	7/19	M, Tu, W	9:00am - 9:30am
279526	Olney Sw Ctr	7/19	M, Tu, W	9:35am -10:05am
279527	Olney Sw Ctr	7/19	M, Tu, W	10:15am -10:45am
279528	Olney Sw Ctr	7/19	M, Tu, W	10:55am -11:25am
279529	Olney Sw Ctr	8/2	M, Tu, W	9:00am - 9:30am
279530	Olney Sw Ctr	8/2	M, Tu, W	9:35am -10:05am
279531	Olney Sw Ctr	8/2	M, Tu, W	10:15am -10:45am
279535	Olney Sw Ctr	8/2	M, Tu, W	9:00am - 9:30am

279536 Olney Sw Ctr 8/2 M, Tu, W



9:35am -10:05am

~ one is PERFECT for YOUR child

Outdoor Pools

Bethesda Outdoor Pool 279376 Beth Outdoor 6/19 Sa 9:00am - 9:30am 279377 Beth Outdoor 6/19 Sa 10:20am -10:50am 279378 Beth Outdoor 6/19 Sa 11:00am -11:30am 279379 Beth Outdoor 6/19 Sa 9:40am -10:10am 279382 Beth Outdoor 6/19 Sa 11:00am -11:30am 279380 Beth Outdoor 6/20 Su 9:40am -10:10am 279381 Beth Outdoor 6/20 Su 11:00am -11:30am 10:20am -10:50am 279383 Beth Outdoor 6/20 Su 279384 Beth Outdoor 6/20 Su 9:00am - 9:30am 279366 Beth Outdoor 6/21 M-Th 9:00am - 9:30am 10:20am -10:50am 279367 Beth Outdoor 6/21 M-Th 9:40am -10:10am 279369 Beth Outdoor 6/21 M-Th 10:20am -10:50am 279368 Beth Outdoor 7/5 M-Th 279371 Beth Outdoor 9:00am - 9:30am 7/5 M-Th 9:40am -10:10am 279372 Beth Outdoor 7/5 M-Th 10:20am -10:50am 279370 Beth Outdoor 7/19 M-Th 279374 Beth Outdoor 7/19 M-Th 9:00am - 9:30am 279375 Beth Outdoor 7/19 M-Th 9:40am -10:10am

Germantown Outdoor Pool

279373 Beth Outdoor

279216	Gtown Outdoor	6/19	Sa	9:00am - 9:30am
279217	Gtown Outdoor	6/19	Sa	10:20am -10:50am
279218	Gtown Outdoor	6/19	Sa	11:00am -11:30am
279219	Gtown Outdoor	6/20	Su	9:00am - 9:30am
279220	Gtown Outdoor	6/20	Su	11:00am -11:30am
279206	Gtown Outdoor	6/21	M-Th	9:00am - 9:30am
279207	Gtown Outdoor	6/21	M-Th	9:40am -10:10am
279208	Gtown Outdoor	6/21	M-Th	10:20am -10:50am
279209	Gtown Outdoor	7/5	M-Th	9:00am - 9:30am
279210	Gtown Outdoor	7/5	M-Th	9:40am -10:10am
279211	Gtown Outdoor	7/19	M-Th	9:00am - 9:30am
279212	Gtown Outdoor	7/19	M-Th	10:20am -10:50am
279213	Gtown Outdoor	8/2	M-Th	9:00am - 9:30am
279215	Gtown Outdoor	8/2	M-Th	9:40am -10:10am

8/2 M-Th

10:20am -10:50am

ong Branch Outdoor Pool

LUIIS	Di alluli Vu	luv		
279445	Long Br Outdoor	6/20	Su	9:40am -10:10am
279446	Long Br Outdoor	6/21	M-Th	9:00am - 9:30am
279449	Long Br Outdoor	7/5	M-Th	9:40am -10:10am
279451	Long Br Outdoor	7/5	M-Th	10:20am -10:50am
279447	Long Br Outdoor	7/19	M-Th	9:40am -10:10am
279452	Long Br Outdoor	7/19	M-Th	9:00am - 9:30am
279450	Long Br Outdoor	8/2	M-Th	9:00am - 9:30am
279448	Long Br Outdoor	8/2	M-Th	10:20am -10:50am

Western County Outdoor Pool

279684	Western Outdoor	6/19	Sa	9:00am - 9:30am
279685	Western Outdoor	6/19	Sa	11:00am -11:30am
279678	Western Outdoor	6/21	M-Th	10:20am -10:50am
279679	Western Outdoor	6/21	M-Th	11:00am -11:30am
279680	Western Outdoor	7/5	M-Th	9:40am -10:10am
279681	Western Outdoor	7/5	M-Th	10:20am -10:50am
279682	Western Outdoor	7/19	M-Th	9:40am -10:10am
279683	Western Outdoor	7/19	M-Th	10:20am -10:50am

Aguatics: 240-777-6860

Wheaton/Glenmont Outdoor Pool

WIIGO	llon/ alemn	UIIL	VULUU	Jr Puui
279282	Whtn/Glnmt Pool	6/19	Sa	9:40am -10:10am
279283	Whtn/Glnmt Pool	6/19	Sa	10:20am -10:50am
279287	Whtn/Glnmt Pool	6/19	Sa	9:00am - 9:30am
279289	Whtn/Glnmt Pool	6/19	Sa	11:00am -11:30am
279284	Whtn/Glnmt Pool	6/20	Su	9:00am - 9:30am
279285	Whtn/Glnmt Pool	6/20	Su	9:40am -10:10am
279291	Whtn/Glnmt Pool	6/20	Su	11:00am -11:30am
279288	Whtn/Glnmt Pool	6/21	M-Th	9:50am -10:20am
279290	Whtn/Glnmt Pool	6/21	M-Th	10:30am -11:00am
279286	Whtn/Glnmt Pool	6/21	M-Th	9:15am - 9:45am
279292	Whtn/Glnmt Pool	7/5	M-Th	9:15am - 9:45am
279293	Whtn/Glnmt Pool	7/5	M-Th	9:50am -10:20am
279294	Whtn/Glnmt Pool	7/5	M-Th	10:30am -11:00am
279295	Whtn/Glnmt Pool	7/19	M-Th	9:15am - 9:45am
279296	Whtn/Glnmt Pool	7/19	M-Th	9:50am -10:20am
279297	Whtn/Glnmt Pool	7/19	M-Th	10:30am -11:00am
279298	Whtn/Glnmt Pool	8/2	M-Th	9:50am -10:20am
279299	Whtn/Glnmt Pool	8/2	M-Th	10:30am -11:00am



Do we have your e-Mail?

In an effort to reduce waste, MCRD-Aquatics will no longer be mailing flyers or pass applications. We will be happy to send you the most up-to-date information via e-mail.

Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website a montgomerycountymd.gov/rec for more information.



PRE-BEGINNER-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

Gtown InSwCtr	6/16	W	5:30pm - 6:00pm
Gtown InSwCtr	6/17	Th	6:10pm - 6:40pm
Gtown InSwCtr	6/19	Sa	10:10am -10:40am
Gtown InSwCtr	6/19	Sa	10:50am -11:20am
Gtown InSwCtr	6/19	Sa	11:30am -12:00pm
Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
Gtown InSwCtr	6/20	Su	9:30am -10:00am
Gtown InSwCtr	6/20	Su	10:10am -10:40am
Gtown InSwCtr	6/20	Su	10:50am -11:20am
Gtown InSwCtr	6/20	Su	11:30am -12:00pm
Gtown InSwCtr	6/21	M, Tu, W	9:00am - 9:30am
Gtown InSwCtr	6/21	M, Tu, W	9:40am -10:10am
Gtown InSwCtr	6/21	M, Tu, W	10:20am -10:50am
Gtown InSwCtr	6/22	Tu	6:10pm - 6:40pm
Gtown InSwCtr	7/5	M, Tu, W	9:00am - 9:30am
Gtown InSwCtr	7/5	M, Tu, W	9:40am -10:10am
Gtown InSwCtr	7/5	M, Tu, W	10:20am -10:50am
	Gtown InSwCtr Gtown InSwCtr	Ctown InSwCtr 6/17 Ctown InSwCtr 6/19 Ctown InSwCtr 6/19 Ctown InSwCtr 6/19 Ctown InSwCtr 6/19 Ctown InSwCtr 6/20 Ctown InSwCtr 6/21 Ctown InSwCtr 6/21 Ctown InSwCtr 6/21 Ctown InSwCtr 6/22 Ctown InSwCtr 6/22 Ctown InSwCtr 6/22 Ctown InSwCtr 7/5 Ctown InSwCtr 7/5	Citown InSwCtr 6/17 Th Citown InSwCtr 6/19 Sa Citown InSwCtr 6/20 Su Citown InSwCtr 6/21 M, Tu, W Citown InSwCtr 6/21 M, Tu, W Citown InSwCtr 6/22 Tu Citown InSwCtr 7/5 M, Tu, W Citown InSwCtr 7/5 M, Tu, W Citown InSwCtr 7/5 M, Tu, W

Martin Luther King Swim Center

276588	MLK Sw Ctr	6/19	Sa	9:40am -10:10am
276589	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276597	MLK Sw Ctr	6/19	Sa	9:40am -10:10am
276580	MLK Outdoor	6/20	Su	9:40am -10:10am
276581	MLK Sw Ctr	6/21	M, W, F	9:40am -10:10am
276582	MLK Sw Ctr	6/22	Tu, Th	9:30am -10:00am
276583	MLK Sw Ctr	6/22	Tu	5:40pm - 6:10pm
276584	MLK Sw Ctr	6/22	Tu	6:20pm - 6:50pm
276598	MLK Sw Ctr	6/22	Tu, Th	10:10am -10:40am
276585	MLK Sw Ctr	6/23	W	5:00pm - 5:30pm
276586	MLK Sw Ctr	6/24	Th	5:00pm - 5:30pm
276587	MLK Sw Ctr	6/24	Th	6:20pm - 6:50pm
276591	MLK Sw Ctr	7/5	M, W, F	10:20am -10:50am
276590	MLK Sw Ctr	7/5	M, W, F	9:00am - 9:30am
276596	MLK Sw Ctr	7/13	Tu, Th	9:30am -10:00am
276593	MLK Sw Ctr	7/19	M, W, F	9:40am -10:10am
276592	MLK Sw Ctr	7/19	M, W, F	9:00am - 9:30am
276594	MLK Sw Ctr	8/2	M, W, F	9:00am - 9:30am
276595	MLK Sw Ctr	8/2	M, W, F	9:40am -10:10am

Montgomery Aquatic Center279853 Mont Ag Ctr 6/19 Sa

MUUII		-queen		
279853	Mont Aq Ctr	6/19	Sa	9:00am - 9:30am
279854	Mont Aq Ctr	6/19	Sa	11:00am -11:30am
279855	Mont Aq Ctr	6/20	Su	9:00am - 9:30am
279856	Mont Aq Ctr	6/20	Su	10:20am -10:50am
279857	Mont Aq Ctr	6/21	M, W, F	9:00am - 9:30am
279858	Mont Aq Ctr	6/21	M, W	6:25pm - 6:55pm
279859	Mont Aq Ctr	6/22	Tu, Th	9:00am - 9:30am
279860	Mont Aq Ctr	6/22	Tu, Th	6:25pm- 6:55pm
279866	Mont Aq Ctr	6/22	Tu, Th	10:20am -10:50am
279861	Mont Aq Ctr	7/5	M, W, F	9:00am - 9:30am
279862	Mont Aq Ctr	7/12	M, W	6:25pm - 6:55pm
279863	Mont Aq Ctr	7/13	Tu, Th	9:00am - 9:30am
279864	Mont Aq Ctr	7/13	Tu, Th	6:25pm - 6:55pm
279867	Mont Ag Ctr	7/13	Tu, Th	10:20am -10:50am
279865	Mont Aq Ctr	7/19	M, W, F	9:00am - 9:30am

Olney Indoor Swim Center

U		y Ina	OO	r əw	ım	cente	
	9537	Olney	Sw C	Ctr	6/19	Sa	10:00am -10:30am
27	9538	Olney	Sw C	Ctr	6/19	Sa	10:00am -10:30am
27	9539	Olney	Sw C	Ctr	6/19	Sa	10:40am -11:10am
27	9540	Olney	Sw C	Ctr	6/19	Sa	11:20am -11:50am
27	9541	Olney	Sw C	Ctr	6/19	Sa	12:00pm -12:30pm
27	9542	Olney	Sw C	Ctr	6/20	Su	10:00am -10:30am
27	9543	Olney	Sw C	Ctr	6/20	Su	10:40am -11:10am
27	9544	Olney	Sw C	Ctr	6/20	Su	11:20am -11:50am
27	9545	Olney			6/20	Su	11:20am -11:50am
27	9546	Olney	Sw C	Ctr	6/20	Su	12:00pm -12:30pm
27	9547	Olney	Sw C	Ctr	6/20	Su	12:00pm -12:30pm
27	9557	Olney	Sw C	Ctr	6/21	M, Tu, W	9:00am - 9:30am
27	9558	Olney	Sw C	Ctr	6/21	M, Tu, W	
27	9559	Olney	Sw C	Ctr	6/21	M, Tu, W	10:15am -10:45am
27	9560	Olney	Sw C	Ctr	6/21	M, Tu, W	10:55am -11:25am
27	9552	Olney	Sw C	Ctr	6/22	Tu	5:55pm - 6:25pm
27	9553	Olney			6/22	Tu	6:30pm - 7:00pm
27	9554	Olney			6/23	W	6:25pm - 6:55pm
	9555	Olney			6/23	W	7:05pm - 7:35pm
	9556	Olney			6/23	W	7:45pm - 8:15pm
	9548	Olney			6/24	Th	9:30am -10:00am
	9549	Olney			6/24	Th	10:50am -11:20am
	9550	Olney			6/24	Th	5:55pm - 6:25pm
	9551	Olney			6/24	Th	6:30pm - 7:00pm
	9561	Olney			7/5	M, Tu, W	
27	9562	Olney	Sw C	Ctr	7/5	M, Tu, W	9:00am - 9:30am
	9564	Olney			7/5	M, Tu, W	
27	9565	Olney			7/5	M, Tu, W	
27	9566	Olney	Sw C	Ctr	7/19	M, Tu, W	9:00am - 9:30am
27	9567	Olney	Sw C	Ctr	7/19	M, Tu, W	
27	9568	Olney			7/19	M, Tu, W	
27	9569	Olney			7/19	M, Tu, W	
27	9570	Olney			8/2	M, Tu, W	
	9571	Olney			8/2	M, Tu, W	
27	9572	Olney	Sw C	Ctr	8/2	M, Tu, W	10:55am -11:25am



Outdoor Pools

Bethesda Outdoor Pool

279393	Beth Outdoor	6/19	Sa	9:40am -10:10am
279394	Beth Outdoor	6/19	Sa	11:00am -11:30am
279395	Beth Outdoor	6/19	Sa	9:00am - 9:30am
279396	Beth Outdoor	6/20	Su	10:20am -10:50am
279397	Beth Outdoor	6/20	Su	9:40am -10:10am
279385	Beth Outdoor	6/21	M-Th	9:00am - 9:30am
279386	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279390	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279387	Beth Outdoor	7/5	M-Th	9:00am - 9:30am
279388	Beth Outdoor	7/5	M-Th	9:40am -10:10am
279392	Beth Outdoor	7/5	M-Th	10:20am -10:50am
279389	Beth Outdoor	7/19	M-Th	9:00am - 9:30am
279391	Beth Outdoor	7/19	M-Th	9:40am -10:10am

Germantown Outdoor Pool

279233	Gtown Outdoor	6/19	Sa	9:40am -10:10am
279234	Gtown Outdoor	6/19	Sa	11:00am -11:30am
279235	Gtown Outdoor	6/20	Su	9:40am -10:10am
279236	Gtown Outdoor	6/20	Su	10:20am -10:50am
279237	Gtown Outdoor	6/20	Su	11:00am -11:30am
279221	Gtown Outdoor	6/21	M-Th	9:00am - 9:30am
279222	Gtown Outdoor	6/21	M-Th	9:40am -10:10am
279223	Gtown Outdoor	6/21	M-Th	10:20am -10:50am
279224	Gtown Outdoor	7/5	M-Th	9:00am - 9:30am
279225	Gtown Outdoor	7/5	M-Th	9:40am -10:10am
279226	Gtown Outdoor	7/5	M-Th	10:20am -10:50am
279227	Gtown Outdoor	7/19	M-Th	9:00am - 9:30am
279228	Gtown Outdoor	7/19	M-Th	9:40am -10:10am
279229	Gtown Outdoor	7/19	M-Th	10:20am -10:50am
279230	Gtown Outdoor	8/2	M-Th	9:00am - 9:30am
279231	Gtown Outdoor	8/2	M-Th	9:40am -10:10am
279232	Gtown Outdoor	8/2	M-Th	10:20am -10:50am

Long Branch Outdoor Pool

279453	Long Br Outdoor	6/20	Su	10:20am -10:50am
279454	Long Br Outdoor	6/21	M-Th	10:20am -10:50am
281750	Long Br Outdoor	7/5	M-Th	9:00am - 9:30am
279456	Long Br Outdoor	7/19	M-Th	10:20am -10:50am
279457	Long Br Outdoor	8/2	M-Th	10:20pm - 10:50pm
279309	Whtn/Glnmt Pool	7/19	M-Th	9:50am -10:20am
279310	Whtn/Glnmt Pool	7/19	M-Th	10:30am -11:00am
279311	Whtn/Glnmt Pool	7/19	M-Th	9:15am - 9:45am
279312	Whtn/Glnmt Pool	8/2	M-Th	9:15am - 9:45am

Western County Outdoor Pool

279692	Western Outdoor	6/19	Sa	9:40am -10:10am
279693	Western Outdoor	6/19	Sa	10:20am -10:50am
279694	Western Outdoor	6/19	Sa	11:00am -11:30am
279686	Western Outdoor	6/21	M-Th	9:40am -10:10am
279687	Western Outdoor	6/21	M-Th	10:20am -10:50am
279688	Western Outdoor	7/5	M-Th	10:20am -10:50am



Wheaton/Glenmont Outdoor Pool

Aquatics: 240-777-6860

279300	Whtn/Glnmt Pool	6/19	Sa	9:00am - 9:30am
279301	Whtn/Glnmt Pool	6/19	Sa	10:20am -10:50am
279302	Whtn/Glnmt Pool	6/20	Su	9:40am -10:10am
279304	Whtn/Glnmt Pool	6/20	Su	9:00am - 9:30am
279303	Whtn/Glnmt Pool	6/21	M-Th	9:15am - 9:45am
279305	Whtn/Glnmt Pool	6/21	M-Th	9:50am -10:20am
279306	Whtn/Glnmt Pool	6/21	M-Th	10:30am -11:00am
279307	Whtn/Glnmt Pool	7/5	M-Th	9:15am - 9:45am
279308	Whtn/Glnmt Pool	7/5	M-Th	10:30am -11:00am
279689	Western Outdoor	7/5	M-Th	11:00am -11:30am
279690	Western Outdoor	7/19	M-Th	11:00am -11:30am
279691	Western Outdoor	7/19	M-Th	9:40am -10:20am
274440	Gtown InSwCtr	7/19	M, Tu, W	9:00am - 9:30am
274441	Gtown InSwCtr	7/19	M, Tu, W	9:40am -10:10am
274442	Gtown InSwCtr	7/19	M, Tu, W	11:00am -11:30am
274443	Gtown InSwCtr	8/2	M, Tu, W	9:30am -10:00am

PRE-BEGINNER - Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

274505	Gtown InSwCtr	6/16	W	6:10pm - 6:40pm
274497	Gtown InSwCtr	6/19	Sa	9:30am -10:00am
274498	Gtown InSwCtr	6/19	Sa	10:50am -11:30am
274499	Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
274500	Gtown InSwCtr	6/20	Su	10:50am -11:20am
274501	Gtown InSwCtr	6/20	Su	11:30am -12:00pm
274502	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274503	Gtown InSwCtr	6/21	M, Tu, W	9:00am - 9:30am
274504	Gtown InSwCtr	6/21	M, Tu, W	10:20am -10:50am
274506	Gtown InSwCtr	7/5	M, Tu, W	9:00am - 9:30am
274507	Gtown InSwCtr	7/5	M, Tu, W	11:00am -11:30am
274508	Gtown InSwCtr	7/19	M, Tu, W	9:00am - 9:30am
274509	Gtown InSwCtr	7/19	M, Tu, W	11:00am -11:30am
274510	Gtown InSwCtr	8/2	M, Tu, W	10:10am -10:40am

Martin Luther King Swim Center

276603	MLK Sw Ctr	6/19	Sa	10:20am -10:50am
276599	MLK Outdoor	6/20	Su	9:40am -10:10am
276600	MLK Outdoor	6/20	Su	10:20am -10:50am
276604	MLK Sw Ctr	6/21	M, W, F	9:40am -10:10am
276601	MLK Sw Ctr	6/22	Tu	7:00pm - 7:30pm
276602	MLK Sw Ctr	6/23	W	5:40pm - 6:10pm
276605	MLK Sw Ctr	8/2	M, W, F	10:20am -10:50am

Montgomery Aquatic Center

279868	Mont Aq Ctr	6/19	Sa	10:20am -10:50am
279869	Mont Aq Ctr	6/20	Su	11:00am -11:30am
279870	Mont Aq Ctr	6/21	M, W, F	9:40am -10:10am
279871	Mont Aq Ctr	6/22	Tu, Th	5:45pm - 6:15pm
279872	Mont Aq Ctr	7/5	M, W, F	9:40am -10:10am
279873	Mont Aq Ctr	7/6	Tu, Th	9:40am -10:10am
279874	Mont Aq Ctr	7/6	Tu, Th	5:45pm - 6:15pm
279875	Mont Ag Ctr	7/19	M. W. F	9:40am -10:10am

Olney Indoor Swim Center

Aquatics: 240-777-6860

	,			
279574	Olney Sw Ctr	6/19	Sa	10:40am -11:10am
279575	Olney Sw Ctr	6/19	Sa	11:20am -11:50am
279576	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279577	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279578	Olney Sw Ctr	6/20	Su	11:20am -11:50am
279579	Olney Sw Ctr	6/20	Su	12:00pm -12:30pm
279584	Olney Sw Ctr	6/21	M, Tu, W	9:35am -10:05am
279585	Olney Sw Ctr	6/21	M, Tu, W	10:15am -10:45am
279586	Olney Sw Ctr	6/21	M, Tu, W	10:55am -11:25am
279581	Olney Sw Ctr	6/23	W	6:30pm - 7:00pm
279582	Olney Sw Ctr	6/23	W	7:05pm - 7:35pm
279583	Olney Sw Ctr	6/23	W	7:45pm - 8:15pm
279580	Olney Sw Ctr	6/24	Th	10:10am -10:40am
279587	Olney Sw Ctr	7/5	M, Tu, W	9:35am -10:05am
279588	Olney Sw Ctr	7/19	M, Tu, W	9:00am - 9:30am
279589	Olney Sw Ctr	8/2	M, Tu, W	9:00am - 9:35am
279590	Olney Sw Ctr	8/2	M, Tu, W	10:55am -11:25am

Outdoor Pools

Bethesda Outdoor Pool

279405	Beth Outdoor	6/19	Sa	10:20am -10:50am
279403	Beth Outdoor	6/20	Su	10:20am -10:50am
279404	Beth Outdoor	6/20	Su	11:00am -11:30am
279398	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279399	Beth Outdoor	6/21	M-Th	9:00am - 9:30am
279400	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279401	Beth Outdoor	7/5	M-Th	9:40am -10:10am
279402	Beth Outdoor	7/5	M-Th	9:00am - 9:30am

Germantown Outdoor Pool

279244	Gtown Outdoor	6/19	Sa	11:00am -11:30am
279241	Gtown Outdoor	6/20	Su	10:20am -10:50am
279238	Gtown Outdoor	6/21	M-Th	10:20am -10:50am
279239	Gtown Outdoor	7/5	M-Th	9:00am - 9:30am
279240	Gtown Outdoor	7/19	M-Th	10:20am -10:50am
279242	Gtown Outdoor	7/19	M-Th	9:00am - 9:30am
279243	Gtown Outdoor	8/2	M-Th	10:20am -10:50am

Long Branch Outdoor Pool

279458	Long Br Outdoor	6/20	Su	11:00am -11:30am
279459	Long Br Outdoor	6/21	M-Th	9:40am -10:10am
279460	Long Br Outdoor	6/22	Tu, Th	7:30pm - 8:00pm

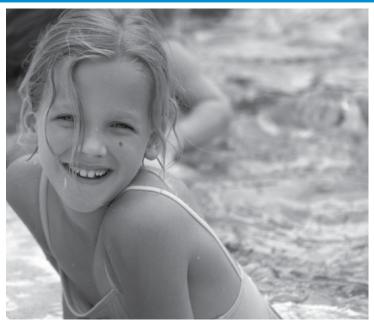
Western County Outdoor Pool

279699	Western Outdoor	6/19	Sa	10:20am -10:50am
279695	Western Outdoor	6/21	M-Th	9:40am -10:10am
279696	Western Outdoor	7/5	M-Th	9:40am -10:10am
279697	Western Outdoor	7/5	M-Th	11:00am -11:30am
279698	Western Outdoor	7/19	M-Th	11:00am -11:30am

Wheaton/Glenmont Outdoor Pool

279313	Whtn/Glnmt Pool	6/21	M-Th	9:50am -10:20am
279314	Whtn/Glnmt Pool	7/19	M-Th	9:15am - 9:45am
279315	Whtn/Glnmt Pool	8/2	M-Th	9:15am - 9:45am





PRE-BEGINNER - Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

	Gtown InSwCtr Gtown InSwCtr	6/19 6/20		10:50am -11:20am 10:50am -11:20am
	Gtown InSwCtr Gtown InSwCtr		M, Tu, W M, Tu, W	11:00am -11:30am 10:20am -10:50am
274551	Gtown InSwCtr Gtown InSwCtr	7/19	M, Tu, W M, Tu, W	10:20am -10:50am 10:10am -10:40am

Martin Luther King Swim Center

276606	MLK Outdoor	6/20	Su	11:00am -11:30am
276607	MLK Sw Ctr	6/24	Th	7:00pm - 7:30pm

Montgomery Aquatic Center

279876	Mont Aq Ctr	6/19	Sa	11:00am -11:30am
279877	Mont Aq Ctr	6/21	M, W, F	10:20am -10:50am
279947	Mont Aq Ctr	6/12	M, W, F	10:20am -10:50am
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Olney Indoor Swim Center

279592	Olney Sw Ctr	6/19	Sa	11:20am -11:50am
279593	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279594	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279595	Olney Sw Ctr	6/23	W	7:45pm - 8:15pm
279596	Olney Sw Ctr	6/23	W, M, Tu	10:55am -11:25am
279597	Olney Sw Ctr	7/5	M, Tu, W	9:35am -10:05am
279598	Olney Sw Ctr	7/19	M, Tu, W	9:35am -10:05am

Outdoor Pools

Bethesda Outdoor Pool

279406 Beth Outdoor 6/21 M-Th 10:20am -10:50am

Germantown Outdoor Pool

279245 Gtown Outdoor 7/5 M-Th 10:20am -10:50am

YOUTH - Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

Indoor Pools

Germantown Indoor Swim Center

274307	Gtown InSwCtr	6/17	Th	6:10pm - 6:40pm
274302	Gtown InSwCtr	6/19	Sa	9:30am -10:00am
274303	Gtown InSwCtr	6/20	Su	10:10am -10:40am
274304	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274305	Gtown InSwCtr	6/21	M, Tu, W	9:00am - 9:30am
274306	Gtown InSwCtr	6/22	Tu	5:30pm - 6:00pm
274322	Gtown InSwCtr	8/2	M, Tu, W	10:50am -11:20am

Martin Luther King Swim Center

276627	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276628	MLK Sw Ctr	6/19	Sa	9:40am -10:10am
276629	MLK Sw Ctr	6/19	Sa	10:20am -10:50am
276622	MLK Outdoor	6/20	Su	9:00am - 9:30am
276623	MLK Outdoor	6/20	Su	10:20am -10:50am
276624	MLK Sw Ctr	6/21	M, W, F	10:20am -10:50am
276625	MLK Sw Ctr	6/22	Tu	6:20pm - 6:50pm
276626	MLK Sw Ctr	6/23	W	6:20pm - 6:50pm
276630	MLK Sw Ctr	7/13	Tu, Th	9:30am -10:00am

Montgomery Aquatic Center

279892	Mont Aq Ctr	6/19	Sa	9:40am -10:10am
279893	Mont Aq Ctr	6/20	Su	9:30am -10:00am
279894	Mont Aq Ctr	6/22	Tu, Th	10:20am - 10:50am
279872	Mont Aq Ctr	7/5	M, W, F	9:40am -10:10am
279873	Mont Aq Ctr	7/6	Tu, Th	9:40am -10:10am
279874	Mont Aq Ctr	7/6	Tu, Th	5:45pm - 6:15pm
279875	Mont Aq Ctr	7/19	M, W, F	9:40am -10:10am

Olney Indoor Swim Center

279613	Olney Sw Ctr	6/19	Sa	10:00am -10:30am
279614	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279617	Olney Sw Ctr	6/21	M, Tu, W	9:00am - 9:30am
279615	Olney Sw Ctr	6/22	Tu	5:55pm - 6:25pm
279616	Olney Sw Ctr	6/23	W	6:25pm - 6:55pm
279618	Olney Sw Ctr	7/5	M, Tu, W	10:55am -11:25am



Outdoor Pools

Bethesda Outdoor Pool 279426 Beth Outdoor 6/20 Su 9:40am -10:10am 270423 Beth Outdoor 6/21 MATh

 279422
 Beth Outdoor
 6/21
 M-Th
 9:00am - 9:30am

 279423
 Beth Outdoor
 6/21
 M-Th
 9:40am -10:10am

 279424
 Beth Outdoor
 6/21
 M-Th
 10:20am -10:50am

 279425
 Beth Outdoor
 7/5
 M-Th
 9:40am -10:10am

Aquatics: 240-777-6860

Germantown Outdoor Pool

279256	Gtown Outdoor	6/19	Sa	9:00am - 9:30am
279257	Gtown Outdoor	6/20	Su	11:00am -11:30am
279252	Gtown Outdoor	6/21	M-Th	9:00am - 9:30am
279253	Gtown Outdoor	7/5	M-Th	10:20am -10:50am
279254	Gtown Outdoor	7/19	M-Th 9:	:00am - 9:30am
279255	Gtown Outdoor	8/2	M-Th	9:00am - 9:30am

Long Branch Outdoor Pool

279466	Long Br Outdoor	6/20	Su	10:20am -10:50am
279467	Long Br Outdoor	6/21	M-Th	10:20am -10:50am
279471	Long Br Outdoor	6/22	Tu, Th	7:30pm - 8:00pm
279468	Long Br Outdoor	7/5	M-Th	9:00am - 9:30am
279469	Long Br Outdoor	7/19	M-Th	9:40am -10:10am
279470	Long Br Outdoor	8/2	M-Th	9:40am -10:10am

Western County Outdoor Pool

279705	Western Outdoor	6/19	Sa	9:00am - 9:30am
279702	Western Outdoor	6/21	M-Th	9:40am -10:10am
279703	Western Outdoor	7/5	M-Th	10:20am -10:50am
279704	Western Outdoor	7/19	M-Th	10:20am -10:50am

Wheaton/Glenmont Outdoor Pool

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279316	Whtn/Glnmt Pool	6/21	M-Th	9:50am -10:20am
279317	Whtn/Glnmt Pool	7/19	M-Th	9:50am -10:20am
279326	Whtn/Glnmt Pool	6/19	Sa	11:00am -11:30am
279327	Whtn/Glnmt Pool	6/20	Su	9:40am -10:10am
279328	Whtn/Glnmt Pool	6/21	M-Th	10:30am -11:00am
279329	Whtn/Glnmt Pool	7/5	M-Th	9:50am -10:20am
279330	Whtn/Glnmt Pool	8/2	M-Th	10:30am -11:00am

YOUTH - Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

Indoor Pools

Germantown Indoor Swim Center

274312	Gtown InSwCtr	6/17	Th	5:30pm - 6:00pm
274308	Gtown InSwCtr	6/19	Sa	10:10am -10:40am
274314	Gtown InSwCtr	6/19	Sa	11:30am -12:00pm
274309	Gtown InSwCtr	6/20	Su	9:30am -10:00am
274310	Gtown InSwCtr	6/21	M, Tu, W	9:40am -10:20am
274311	Gtown InSwCtr	6/22	Tu	6:10pm - 6:40pm
274546	Gtown InSwCtr	7/5	M, Tu, W	11:00am -11:30am
274545	Gtown InSwCtr	7/19	M, Tu, W	11:00am -11:30am
274313	Gtown InSwCtr	8/2	M, Tu, W	10:50am -11:20am

RecWeb...easy, fast, secure!

montgomerycountymd.gov/rec

Martin Luther King Swim Center

Aquatics: 240-777-6860

		-		
276638	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276639	MLK Sw Ctr	6/19	Sa	10:20am -10:50am
276631	MLK Outdoor	6/20	Su	9:00am - 9:30am
276632	MLK Outdoor	6/20	Su	11:00am -11:30am
276633	MLK Sw Ctr	6/21	M, W, F	9:40am -10:10am
276634	MLK Sw Ctr	6/22	Tu, Th	10:10am -10:40am
276635	MLK Sw Ctr	6/22	Tu	7:00pm - 7:30pm
276636	MLK Sw Ctr	6/23	W	6:20pm - 6:50pm
276637	MLK Sw Ctr	6/24	Th	7:00pm - 7:30pm
276640	MLK Sw Ctr	7/5	M, W, F	10:20am -10:50am
276641	MLK Sw Ctr	7/13	Tu, Th	9:30am -10:00am
276642	MLK Sw Ctr	7/19	M, W, F	9:40am -10:10am

Montgomery Aquatic Center

279897 Mont Ag Ctr	6/20	Su	11:00am -11:30am
279898 Mont Aq Ctr	6/21	M, W, F	9:40am -10:10am
279899 Mont Aq Ctr	7/5	M, W, F	9:40am -10:10am
279900 Mont Aq Ctr	7/19	M, W, F	9:40am -10:10am

Olney Indoor Swim Center

279619	Olney Sw Ctr	6/19	Sa	10:00am -10:30am
279620	Olney Sw Ctr	6/19	Sa	10:40am -11:10am
279621	Olney Sw Ctr	6/20	Su	10:00am -10:30am
279622	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279624	Olney Sw Ctr	6/21	M, Tu, W	9:00am - 9:30am
279623	Olney Sw Ctr	6/23	W	6:25pm - 6:55pm
279625	Olney Sw Ctr	7/5	M, Tu, W	9:00am - 9:30am
279626	Olney Sw Ctr	7/19	M, Tu, W	9:00am - 9:30am
279627	Olney Sw Ctr	8/2	M, Tu, W	9:35am -10:05am

Outdoor Pools

Bethesda Outdoor Pool

279430	Beth Outdoor	6/19	Sa	10:20am -10:50am
279431	Beth Outdoor	6/20	Su	11:00am -11:30am
279427	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279428	Beth Outdoor	6/21	M-Th	9:00am - 9:30am
279429	Beth Outdoor	7/5	M-Th	9:00am - 9:30am

Germantown Outdoor Pool

279258	Gtown Outdoor	6/19	Sa	9:40am -10:10am
279263	Gtown Outdoor	6/20	Su	10:20am -10:50am
279258	Gtown Outdoor	6/21	M-Th	9:40am -10:10am
279259	Gtown Outdoor	7/5	M-Th	9:00am - 9:30am
279260	Gtown Outdoor	7/19	M-Th	10:20am -10:50am
279261	Gtown Outdoor	8/2	M-Th	9:40am -10:10am

Long Branch Outdoor Pool

279472	Long Br Outdoor	6/20	Su	11:00am -11:30am
279473	Long Br Outdoor	6/21	M-Th 9:	:00am - 9:30am
279474	Long Br Outdoor	7/5	M-Th	9:40am -10:10am
279475	Long Br Outdoor	7/19	M-Th	10:20am -10:50am

Western County Outdoor Pool

279709	Western Outdoor	6/19	Sa	9:40am -10:10am
279706	Western Outdoor	6/21	M-Th	10:20am -10:50am
279707	Western Outdoor	7/5	M-Th	11:00am -11:30am
279708	Western Outdoor	7/19	M-Th	9:40am -10:10am

Wheaton/Glenmont Outdoor Pool

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279331	Whtn/Glnmt Pool	6/19	Sa	9:40am -10:10am
279332	Whtn/Glnmt Pool	6/20	Su	10:20am -10:50am
279333	Whtn/Glnmt Pool	6/21	M-Th	9:15am - 9:45am
279334	Whtn/Glnmt Pool	7/5	M-Th	9:15am - 9:45am
279335	Whtn/Glnmt Pool	7/5	M-Th	9:50am -10:20am
279336	Whtn/Glnmt Pool	7/5	M-Th	10:30am -11:00am
279337	Whtn/Glnmt Pool	8/2	M-Th	10:30am -11:00am



YOUTH - Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274319	Gtown InSwCtr	6/16	W	6:10pm - 6:40pm
274315	Gtown InSwCtr	6/19	Sa	10:10am -10:40am
274316	Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
274317	Gtown InSwCtr	6/20	Su	10:10am -10:40am
274318	Gtown InSwCtr	6/21	M, Tu, W	10:20am -10:50am
274320	Gtown InSwCtr	7/5	M, Tu, W	9:40am -10:10am
274321	Gtown InSwCtr	7/19	M, Tu, W	9:40am -10:10am

Martin Luther King Swim Center

276648	MLK Sw Ctr	6/19	Sa	9:40am -10:10am
276643	MLK Outdoor	6/20	Su	9:40am -10:10am
276644	MLK Sw Ctr	6/21	M, W, F	9:00am - 9:30am
276645	MLK Sw Ctr	6/22	Tu, Th	10:10am -10:40am
276646	MLK Sw Ctr	6/22	Tu	7:40pm - 8:10pm
276647	MLK Sw Ctr	6/23	W	5:40pm - 6:10pm
276649	MLK Sw Ctr	7/5	M, W, F	9:40am -10:10am
276650	MLK Sw Ctr	7/13	Tu, Th	10:10am -10:40am
276651	MLK Sw Ctr	7/19	M, W, F	10:20am -10:50am
276652	MLK Sw Ctr	8/2	M, W, F	10:20am -10:50am

Montgomery Aquatic Center

279901	Mont Aq Ctr	6/20	Su	9:40am -10:10am
279902	Mont Aq Ctr	6/21	M, W, F	9:00am - 9:30am
279903	Mont Aq Ctr	6/22	Tu, Th	9:40am -10:10am
279904	Mont Aq Ctr	7/13	Tu, Th	10:20am -10:50am

Olney Indoor Swim Center

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279628	Olney Sw Ctr	6/19	Sa	10:40am -11:10am
279629	Olney Sw Ctr	6/20	Su	10:40am -11:10am
279630	Olney Sw Ctr	6/20	Su	11:20am -11:50am
279632	Olney Sw Ctr	6/21	M, Tu, W	9:35am -10:05am
279631	Olney Sw Ctr	6/24	Th	10:50am -11:20am
279634	Olney Sw Ctr	7/19	M, Tu, W	10:55am -11:25am
279633	Olney Sw Ctr	8/2	M, Tu, W	9:35am -10:05am
279635	Olney Sw Ctr	8/4	W, M, Tu	9:35am -10:05am



Outdoor Pools

Bethesda Outdoor Pool

279435	Beth Outdoor	6/19	Sa	9:40am -10:10am
279436	Beth Outdoor	6/19	Sa	9:00am - 9:30am
279432	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279433	Beth Outdoor	6/21	M-Th	10:20am -10:50am
279434	Beth Outdoor	6/21	M-Th	9:40am -10:10am

Germantown Outdoor Pool

279267	Gtown Outdoor	6/19	Sa	10:20am -10:50am
279268	Gtown Outdoor	6/20	Su	9:40am -10:10am
279264	Gtown Outdoor	6/21	M-Th	9:00am - 9:30am
279265	Gtown Outdoor	7/5	M-Th	9:40am -10:10am
279266	Gtown Outdoor	7/19	M-Th	9:40am -10:10am

Long Branch Outdoor Pool

279476 Long	g Br Outdoor 6/2	20 Su	9:40am -10:10am
279477 Long	g Br Outdoor 7/	5 M-Th	10:20am -10:50am
279479 Long	g Br Outdoor 7/2	20 Tu, T	h 7:30pm - 8:00pm
279478 Long	g Br Outdoor 8/2	2 M-Th	9:00am - 9:40am

Western County Outdoor Pool

279713	Western Outdoor	6/19	Sa	10:20am -10:50am
279710	Western Outdoor	6/21	M-Th	11:00am -11:30am
279711	Western Outdoor	7/5	M-Th	9:40am
-10:10am	1279712	Weste	ern Outdoor	7/19
M-Th	10:20am -10:50am	1		

Wheaton/Glenmont Outdoor Pool

279338	Whtn/Glnmt Pool	7/5	M-Th	9:50am -10:20am
279339	Whtn/Glnmt Pool	7/19	M-Th	10:30am -11:00am
279340	Whtn/Glnmt Pool	8/2	M-Th	9:50am -10:20am

YOUTH - Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274323	Gtown InSwCtr	6/19	Sa	10:50am -11:20am
274324	Gtown InSwCtr	6/20	Su	10:50am -11:20am
274325	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274326	Gtown InSwCtr	6/21	M, Tu, W	11:00am -11:30am
274327	Gtown InSwCtr	7/5	M, Tu, W	10:20am -10:50am
274328	Gtown InSwCtr	7/19	M, Tu, W	10:20am -10:50am
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Martin Luther King Swim Center

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276657	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276658	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276653	MLK Outdoor	6/20	Su	9:40am -10:10am
276654	MLK Sw Ctr	6/21	M, W, F	10:20am -10:50am
276655	MLK Sw Ctr	6/22	Tu, Th	9:30am -10:00am
276656	MLK Sw Ctr	6/22	Tu	7:40pm - 8:10pm
276660	MLK Sw Ctr	7/13	Tu, Th	10:10am -10:40am
276659	MLK Sw Ctr	7/19	M, W, F	9:00am - 9:30am
276661	MLK Sw Ctr	8/12	M. W. F	9:00am - 9:30am

Montgomery Aquatic Center

279905	Mont Aq Ctr	6/20	Su	10:20am -10:50am
279906	Mont Aq Ctr	6/21	M, W, F	10:20am -10:50am
279907	Mont Aq Ctr	7/5	M, W, F	10:20am -10:50am
279908	Mont Aa Ctr	7/19	M W F	10:20am -10:50am

Olney Indoor Swim Center

2/9636	Olney Sw Ctr	6/19	Sa	11:20am -11:50am
279637	Olney Sw Ctr	6/20	Su	11:20am -11:50am
279640	Olney Sw Ctr	6/21	M, Tu, W	10:15am -10:45am
279639	Olney Sw Ctr	6/23	W	7:05pm - 7:35pm
279638	Olney Sw Ctr	6/24	Th	10:10am -10:40am
279641	Olney Sw Ctr	7/5	M, Tu, W	10:55am -11:25am
279642	Olney Sw Ctr	7/19	M, Tu, W	10:55am -11:25am
279643	Olney Sw Ctr	8/2	M. Tu. W	10:15am -10:45am

Aguatics: 240-777-6860

Outdoor Pools

Bethesda Outdoor Pool

279439	Beth Outdoor	6/20	Su	9:00am - 9:30am
279437	Beth Outdoor	6/21	M-Th	9:40am -10:10am
279438	Beth Outdoor	6/21	M-Th	10:20am -10:50am

Germantown Outdoor Pool

27927	1 Gtown Outdoor	6/20	Su	9:00am - 9:30am
27926	9 Gtown Outdoor	6/21	M-Th	10:20am -10:50am
27927	0 Gtown Outdoor	7/19	M-Th	10:20am -10:50am

Long Branch Outdoor Pool

279480 Long Br Outdoor | 7/19 M-Th 9:00am - 9:30am

Western County Outdoor Pool

279715 Western Outdoor 6/19 Sa 11:00am -11:30am 279714 Western Outdoor 7/19 M-Th 11:00am -11:30am

Wheaton/Glenmont Outdoor Pool

279343	Whtn/Glnmt Pool	6/20	Su	11:00am -11:30am
279341	Whtn/Glnmt Pool	6/21	M-Th	9:15am - 9:45am
279342	Whtn/Glnmt Pool	7/19	M-Th	9:15am - 9:45am

YOUTH - Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 tudents.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274329	Gtown InSwCtr	6/19	Sa	11:30am -12:00pm
274330	Gtown InSwCtr	6/20	Su	11:30am -12:00pm
274331	Gtown InSwCtr	7/5	M, Tu, W	11:00am -11:30am
274332	Gtown InSwCtr	7/19	M, Tu, W	11:00am -11:30am

Martin Luther King Swim Center

276664	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276662	MLK Outdoor	6/20	Su	10:20am -10:50am
276663	MLK Sw Ctr	6/24	Th	7:40pm - 8:10pm
276665	MLK Sw Ctr	7/5	M, W, F	9:00am - 9:30am
276666	MLK Sw Ctr	7/19	M, W, F	9:40am -10:10am
276667	MLK Sw Ctr	8/2	M, W, F	9:40am -10:10am

Montgomery Aquatic Center

	9	_		
279909	Mont Ag Ctr	6/20	Su	9:00am - 9:30am

RecWeb...easy, fast, secure!

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Olney Indoor Swim Center

Aguatics: 240-777-6860

279645	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279646	Olney Sw Ctr	6/20	Su	12:00pm -12:30pm
279648	Olney Sw Ctr	6/21	M, Tu, W	9:35am -10:05am
279647	Olney Sw Ctr	6/23	W	7:45pm - 8:15pm
279649	Olney Sw Ctr	7/5	M, Tu, W	10:15am -10:45am
279650	Olney Sw Ctr	7/19	M, Tu, W	10:15am -10:45am
279651	Olney Sw Ctr	8/2	M. Tu. W	10:55am -11:25am

Outdoor Pools

Bethesda Outdoor Pool

279440 Beth Outdoor 6/21 M-Th 9:00am - 9:30am

Germantown Outdoor Pool

279272 Gtown Outdoor 7/5 M-Th 10:20am -10:50am 279273 Gtown Outdoor 8/2 M-Th 10:20am -10:50am

Wheaton/Glenmont Outdoor Pool

279344 Whtn/Glnmt Pool 8/2 M-Th 10:30am -11:00am

YOUTH - Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3 1/2 ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

Indoor Pools

Germantown Indoor Swim Center

274333	Gtown InSwCtr	6/19	Sa	12:10pm -12:40pm
274334	Gtown InSwCtr	6/20	Su	12:10pm -12:40pm
274335	Gtown InSwCtr	7/5	M, Tu, W	9:00am - 9:30am
274336	Gtown InSwCtr	7/19	M, Tu, W	9:00am - 9:30am

Martin Luther King Swim Center

276668	MLK Outdoor	6/20	Su	9:00am - 9:30am
276669	MLK Outdoor	6/20	Su	11:00am -11:30am
276670	MLK Sw Ctr	6/24	Th	7:40pm - 8:10pm
276671	MLK Sw Ctr	8/2	W. F. M	10:20am -10:50am

Montgomery Aquatic Center

279910 Mont Aq Ctr 6/19 Sa 10:20am -10:50am

Olney Indoor Swim Center

279652	Olney Sw Ctr	6/19	Sa	12:00pm -12:30pm
279653	Olney Sw Ctr	6/20	Su	12:00pm -12:30pm
279654	Olney Sw Ctr	7/5	M, Tu, W	9:35am -10:05am
279655	Olney Sw Ctr	7/19	M, Tu, W	9:35am -10:05am

Outdoor Pools

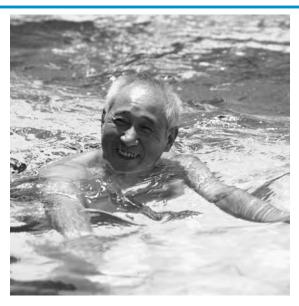
Wheaton/Glenmont Outdoor Pool

279345 Whtn/Glnmt Pool 8/2 M-Th 9:50am -10:20am



Find a Mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!



ADULT - Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

Indoor Pools

Germantown Indoor Swim Center

273243 Gtown InSwCtr	6/19	Sa	9:30am -10:00am
273244 Gtown InSwCtr	6/20	Su	9:30am -10:00am
273245 Gtown InSwCtr	6/22	Tu	5:30pm - 6:00pm

Martin Luther King Swim Center

276549	MLK Sw Ctr	6/19	Sa	9:00am - 9:30am
276550	MLK Sw Ctr	6/19	Sa	11:00am -11:30am
276546	MLK Outdoor	6/20	Su	9:40am -10:10am
276547	MLK Outdoor	6/20	Su	11:00am -11:30am
276548	MLK Sw Ctr	6/22	Tu	8:20pm - 8:50pm

Montgomery Aquatic Center

279821 Mont Aq Ctr 6/24 Th 8:30pm - 9:00pm

Olney Indoor Swim Center

279481 Olney Sw Ctr 6/24 Th 5:55pm - 6:25pm 279482 Olney Sw Ctr 7/5 M, Tu, W 9:35am -10:05am

Outdoor Pools

Long Branch Outdoor Pool

279441 Long Br Outdoor 6/22 Tu, Th 8:00pm - 8:30pm

Wheaton/Glenmont Outdoor Pool

279274 Whtn/Glnmt Pool 6/20 Su 10:20am -10:50am 279275 Whtn/Glnmt Pool 6/26 Sa 11:00am -11:30am



ADULT - Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

 273993
 Gtown InSwCtr
 6/19
 Sa
 10:10am -10:40am

 273994
 Gtown InSwCtr
 6/20
 Su
 10:10am -10:40am

 273995
 Gtown InSwCtr
 6/22
 Tu
 6:10pm - 6:40pm

Martin Luther King Swim Center

 276553
 MLK Sw Ctr
 6/19
 Sa
 9:40am -10:10am

 276551
 MLK Outdoor
 6/20
 Su
 11:00am -11:30am

 276552
 MLK Sw Ctr
 6/24
 Th
 8:20pm - 8:50pm

Olney Indoor Swim Center

 279483
 Olney Sw Ctr
 6/19
 Sa
 11:20am -11:50am

 279484
 Olney Sw Ctr
 6/23
 W
 7:05pm - 7:35pm

 279485
 Olney Sw Ctr
 7/5
 M, Tu, W
 9:00am - 9:30am

 279486
 Olney Sw Ctr
 7/19
 M, Tu, W
 10:15am -10:45am

Outdoor Pools

Bethesda Outdoor Pool

279353 Beth Outdoor 6/21 M, W 8:10pm - 8:40pm

Long Branch Outdoor Pool

279442 Long Br Outdoor 7/20 Tu, Th 8:00pm - 8:30pm

Wheaton/Glenmont Outdoor Pool

279276 Whtn/Glnmt Pool 6/20 Su 11:00am -11:30am



ADULT - Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

 274261
 Gtown InSwCtr
 6/17
 Th
 5:30pm - 6:00pm

 273996
 Gtown InSwCtr
 6/19
 Sa
 11:30am - 12:00pm

 273997
 Gtown InSwCtr
 6/20
 Su
 10:50am - 11:20am

Martin Luther King Swim Center

 276556
 MLK Sw Ctr
 6/19
 Sa
 10:20am -10:50am

 276554
 MLK Outdoor
 6/20
 Su
 10:20am -10:50am

 276555
 MLK Sw Ctr
 6/22
 Tu
 8:20pm - 8:50pm

Olney Indoor Swim Center

 279487 Olney Sw Ctr
 6/19 Sa
 10:00am -10:30am

 279488 Olney Sw Ctr
 6/23 W
 7:45pm - 8:15pm

 279489 Olney Sw Ctr
 7/5 M, Tu, W
 10:15am -10:45am

 279490 Olney Sw Ctr
 7/19 M, Tu, W
 9:35am -10:05am

Outdoor Pools

Bethesda Outdoor Pool

279354 Beth Outdoor 6/21 M, W 8:10pm - 8:40pm

My instructor was so patient. Now I'm comfortable and confident in the water and finally . . . I can swim!

ADULT - Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. . Class size is limited to 10 students.

Aguatics: 240-777-6860

6 Sessions \$57

Indoor Pools

Germantown Indoor Swim Center

274263 Gtown InSwCtr 6/17 Th 6:10pm - 6:40pm 274262 Gtown InSwCtr 6/20 Su 11:30am -12:00pm

Martin Luther King Swim Center

 276558
 MLK Outdoor
 6/20
 Su
 9:00am - 9:30am

 276557
 MLK Sw Ctr
 6/24
 Th
 8:20pm - 8:50pm

Montgomery Aquatic Center

279822 Mont Aq Ctr 6/22 Tu 8:30pm - 9:00pm

Olney Indoor Swim Center

27949 1Olney Sw Ctr 6/19 Sa 10:40am -11:10am

ADULT - Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

Indoor Pool

Montgomery Aquatic Center

279823 Mont Aq Ctr 6/23 W 8:30pm - 9:00pm

ADULT - SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breastroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size limited to 15 students.

6 Sessions \$57

Indoor Pool

Montgomery Aquatic Center

279824 Mont Aq Ctr 6/21 M 8:30pm - 9:00pm

ADULT - SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

Indoor Pool

Montgomery Aquatic Center

279825 Mont Aq Ctr 6/21 M 8:30pm - 9:00pm

RecWeb...easy, fast, secure!

montgomerycountymd.gov/rec

For fastest registration priority, use RecWeb, Starline, or register in person!

The Recreation Department offers four ways to register for activities: RecWeb internet registration, walk-in registration, mail, and fax. See page 162 for more information about each of these registration procedures.

A note about fax and mailed registrations: Our Customer Service representatives process faxed and mailed registrations as quickly as possible; but we cannot guarantee that these registrations will be processed immediately upon receipt. If there are walk-in customers at the Customer Service window when faxed or mailed registrations are received, the walk-in customers are served before the faxed or mailed registrations are processed. If faxed or mailed registration forms are received prior to the first official day of registration, these forms will be secured in a safe until registration begins. At that time, the faxed or mailed registrations will be processed, but may not necessarily be processed in the strict order that they were received, and all will be treated as if they arrived on the first day of registration.

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department Contracts 4010 Randolph Road Silver Spring, MD 20902

Volunteer this Summer!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

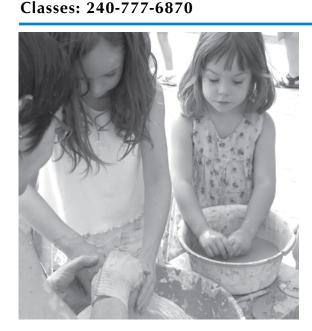
Just call the team you want to work with.

Classes, classes, classes! Learn it! Love it! Live it!

We have the not fun for your Summertime with hundreds of classes and workshops for all ages!



choices are way



Arts & Crafts for Youth & Families

All art classes taught by professional artists. Please read class descriptions carefully for required material information. Teens may also meet age requirements in some Arts & Crafts classes for Adults. Adults may register for some youth classes if age appropriate. Learn. Create. Dream.

Sunday Studio @CREATE

Ages 4-6: Have fun and try something different! Explore pottery, painting, sculpture and other media. Warning - this class fills quickly! \$10 material fee due to instructor at class.

6 Sessions Instructor: Create Arts Center 278984 Create Arts Center 6/27 Su 10:00am -11:00am

NEW Draw & Clay

Ages 4-10: June start date: Australia! Study animals from Australia including the Great Barrier Reef. \$10 material fee due at class. July start date: Henri Rousseau's Rainforest: Discover the art of Henri Rousseau and recreate some of his rainforests and animals. \$10 material fee due at class.

4 Sessior	IS			\$39
Instructo	r: Yolanda Prinsl	00		
279175 B	auer Drive CC	6/16	W	5:30pm - 6:30pm
279173 Já	ne E. Lawton CC	6/19	Sa	1:00pm - 2:00pm
279176 B	auer Drive CC	7/21	W	5:30pm - 6:30pm
279174 Já	ne E. Lawton CC	7/24	Sa	1:00pm - 2:00pm

Drawing Made Easy

Ages 5-10: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first

6 Sessions					\$49
	Instruc	tor: Pyper H. Dixon			
	278981	Germantown CC	6/29	Tu	6:30pm - 7:30pm
	278982	East County CC	6/26	Sa	2:30pm - 3:30pm
	281391	Damascus CC	7/1	Th	6:15pm-7:15pm

Painting with WatercolorsAges 7&Up:Challenge your artistic boundaries with fun painting exercises. Learn how to apply watercolor in new ways and add other Mediums. Lots of demonstrations to help you put your paintings together. Great activity for families! Material list on confirmation or Call 240-777-6870 to obtain the material list.

6 Sessions \$60 Pyper H. Dixon Instructor: 278961 East County CC 6/26 Sa 1:00pm - 2:15pm

Family Pottery @ CREATE

Ages 6&Up: Adult participation and registration required with the child. Registration required for all participants. Learn the hand building methods of clay construction (pinch, coil, slab, and decorative techniques), and create sculptures and pottery using these methods, and finish them with decorative techniques and glazing. Projects are fired in a kiln on our premises. You will produce several finished works of art. Older children and adults can work together or independently. Younger students will need help and supervision from the parent, while the instructor teaches the parent to help the child. Each person will finish many projects. \$20 material fee per person due to instructor at class. No wheel instruction.

6 Sessions Instructor: Create ArtsCenter 278989 Create Arts Center 6/27 Su 5:30pm - 7:00pm

"Go Green" with Recreation!

--- Register online.

- \checkmark No need to fill out paper registration form.
- ✓ You can register 24/7 from home no driving!
- ✓ RecWeb online registration easy & secure.
- ✓ recweb.montgomerycountymd.gov

...→ We need your email address.

- EFFECTIVE JULY 1, 2010 -

ALL RECREATION RECEIPTS WILL BE EMAILED TO THE EMAIL ADDRESS YOU HAVE ON FILE WITH US.*

*Hard copy receipts will continue to be, but by request only.

Make sure you have a current email address on file with us!

To check your email address: Go to montgomerycountymd.gov/rec and select RecWeb registration, then click on Check My Email Address.

Forgot your RecWeb login? Go to RecWeb, click on Forgot My Login or call Customer Service at 240-777-6840 to retrieve your login information.

Arts & Crafts for Adults

Fine Arts

Drawing on the Right Side of the Brain

Ages 12&Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB,B1,B4), ruler, erasers or \$20 for materials fee due to instructor. \$5 hand out fee due to instructor at class.

6 Sessions \$72 Instructor: Yolanda Prinsloo

279098 Potomac CC 6/21 M 5:30pm - 7:00pm

Advanced Right Brained Drawing

Ages 12&Up: If you have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class or see the material list on our website (or call 240-777-6870 for list). Materials are also on the confirmation.

6 Sessions Instructor: Yolanda Prinsloo 279099 Potomac CC 7:30pm - 9:00pm

Oil or Acrylic Painting- Your Choice

Ages 18&Up: Beginners/Intermediate: Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at first class.

7 Sessions \$115 Instructor: Doris Haskel 277754 Jane E. Lawton CC 6/22 Tu 2:00pm - 4:00pm 277755 Jane E. Lawton CC 6/24 Th 2:00pm - 4:00pm

Oil Painting from A to Z Ages 12&Up: All levels are welcome. Beginners explore structured lessons in composition, value, color mixing, different ways to start paintings, and exploring various oil painting techniques and materials; experienced painters can work independently. Individualized attention will given to order to refine techniques and develop a personal style. Bring sketchpad and 4B pencil or charcoal to first class. Materials discussed in the class.

4 Sessions \$50 Instructor: Vivienne Cho

277799 Bauer Drive CC 7/13 Tu 2:00pm - 3:30pm

Photography

How to Take Better Digital Photos

Ages 18&Up: Intermediate/Advanced- Learn how to increase the quality of your digital photos. You could spend hours or days reading your digital camera manual OR you could come to class to get an accelerated start. Explore much-needed accessories, delve into artistic considerations, and then participate in hands on exercises relating to your specific camera. Leave the class with an increased confidence in the digital photography world and the know-how to take better digital photos. Bring a notepad and your camera.

Instructor: Mark Sincevich 279948 Wisconsin Place CC 7/15 Th 6:00pm - 8:30pm **Pottery**

Pottery at Sligo CreekAges 16&Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$5 material fee for mini sessions.

Classes: 240-777-6870

\$95 4 Sessions Instructor: Angela Schreiber 277797 Sligo Creek ES 7/1 Th 9:30am -12:30pm 277798 Sligo Creek ES 7/1 Th 6:00pm - 9:00pm Instructor: Margaret Dickerson 277796 Sligo Creek ES 6/28 M6:00pm - 9:00pm

Pottery Open Studio

Ages 16&Up Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance only. \$25 material fee due at first class.

6 Sessions \$140 Instructor: Pamela Reid

277747 Ross Boddy CC 6/29 Tu 6:00pm -10:00pm

Jewelry

Earrings, Earrings, Earrings!

Age 12&Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$8 material fee due to instructor at class.

1 Session \$35 Instructor: Donna Weeks 279184 Bauer Drive CC 6/23 7:00pm - 9:00pm

Jewelry BasicsAges 12&Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters if you have them. \$6 material fee due to instructor in class.

1 Session \$35 Instructor: Donna Weeks 279186 Bauer Drive CC 7/7 W 7:00pm - 9:00pm

Crafts

Bath and Beauty Products

Ages 12&Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session \$35 Instructor: Donna Weeks 279189 Bauer Drive CC 7/14 W 7:00pm - 9:00pm





Classes: 240-777-6870

Dance for Youth

Kids Dance I

Ages 2 to 5 years: Adult participation required. You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

5 Sessions			\$45
Instructor: Sandra Aresta			
280084 Rock Creek Valley FS	6/26	Sa	9:30am -10:15am

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required.

6 Sessions Instructor: Grace Oleson	•	,	\$54
279011 Potomac CC	7/6	Tu	3:30pm - 4:15pm
279012 Germantown CC	7/7	W	3:30pm - 4:15pm
279013 Wheaton CC	7/8	Th	4:30pm - 5:15pm

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please

ciass. No face tutus and on	ny sne	ort da	nce skirt	s piease.
6 Sessions	•			\$54
Instructor: Betsy Saunders				
070044 11/1	-10	-	40.00	44.45

279944 Wheaton CC 7/6 Tu 10:30am -11:15am 279941 Long Branch CC 7/10 Sa 9:15am -10:00am

Ballet (Basics)

Ages 6-10 years: This beginner class focuses on teaching basic to more advance steps over a five week session. The class is devoted to the dancer who wants to focus on ballet, developing steps, routines and performing. Students showcase the routines and steps they have learned at the end of their session. Ballet slippers required.

5 Sessions			\$45
Instructor: Sandra Aresta			
280103Rock Creek Valley ES	6/26	Sa	11:30am -12:15pm

Pre Ballet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts, please.

6 Sessions	,, c o.a.		in to, prodoci	\$54
Instructor: Betsy Saunders 279946 Long Branch CC	7/10	Sa	10:15am -11:	15am
27 3340 Long Branch CC	7710	Ju	10.134111-11.	ı Janı

Ballet

Beginner: Ages 4 - 8 years: This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

6 Sessions Instructor: Grace Oleson	\$54		
279002 Potomac CC	7/6	Tu	4:30pm - 5:15pm
279004 Germantown CC	7/7	W	4:30pm - 5:15pm
279003 Wheaton CC	7/8	Th	5:15pm - 6:00pm

Tap & Ballet Beginner

Ages 4-8 years: Beginner: A combination class introducing tap and ballet, emphasizing basic exercises, combinations, and creativity. Dancers should have tap and ballet shoes for first class. Question contact Ms. Aresta at Sandra.Aresta@verizon.net

5 Sessions			\$45
Instructor: Sandra Aresta			
280113 Rock Creek Valley ES	6/26	Sa	10:30am -11:15am

Tap, Ballet & Jazz

6 Soccione

A combination class introducing tap, ballet and jazz dance, emphasizing basic exercises, combinations. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap. Three routines will be introduced during the session. Practice CD is available for \$10 (purchase is optional). Performance for family and friends on the last day of the class. Fun, fitness, and a great way to find out if your child really wants to dance. Questions call Rowena DeLuca at 301-593-0618.

6 Sessions Instructor: Rowena DeLuca at 30		0618	\$54
Ages 4-6			
280185 Marilyn J. Praisner CC Ages 7-13	7/10	Sa	10:00am -11:00am
280186 Marilyn J. Praisner CC Intermediate - Ages 6-13	7/10	Sa	11:00am -12:00pm
280187 Marilyn I. Praisner CC	7/10	Sa	12:00pm - 1:00pm

Aim High All Stars: Dance Fusion

Ages 7 -16: This program incorporates various dance techniques, including jazz, hiphop, cheer/pom, modern and international dance. Students learn and enhance performance skills increasing flexibility, precision, discipline, and confidence. Routines are upbeat and energetic. Students should wear comfortable clothing. Please Note: Regular attendance is mandatory as this is a team focused performance class.

Instructor: Aziza Masharik Ages 7-11	(i		\$07
279181 Sligo Middle School 6 Sessions	7/10	Sa	9:00am -10:15am \$81
Ages 12-16 279182 Sligo Middle School	7/10	Sa	10:30am -12:00pm



Dance for Adults

High Energy & Cardio

Zumba

Ages 16 & Up: Beginner/Intermediate: Zumba is a high energy intense Latin Dance. This fast rhythm class is offered for the beginner however intermediate students can add dynamic moves and energy. Zumba provides an opportunity to creatively exercise while dancing your stress away!

Instructor: Bayardo Alonso Martinez Cruz

4 Sessi	ons			\$36
280247	Marilyn J. Praisner CC	6/7	M	6:00pm - 7:00pm
280250	Marilyn J. Praisner CC	6/9	W	6:00pm - 7:00pm
6 Sessi	ons			\$54
281196	Bauer Drive CC	6/19	Sa	9:15am - 10:15am
8 Sessi	ons			\$72
280251	Marilyn J. Praisner CC	6/7	M, W	6:00pm - 7:00pm

Tap

Tap Dance for Adults

Instructor: Rowena DeLuca

Beginner: For further information, please call 301-593-0618.

6 Sessions			\$54
280176 Cptl Vw-Hmwd Loc Pk	7/7	W	6:00pm - 7:00pm
Intermediate:			
280179 Cptl Vw-Hmwd Loc Pk	7/7	W	7:00pm - 8:00pm
Advanced			

Advanced:

280181 Cptl Vw-Hmwd Loc Pk 6/30 W 8:00pm - 9:00pm







Ballroom

Ballroom I (Couples)

Ages 16 & Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included. Instructors: Tony Seleme 202-386-2060, Thomas Woll, 703-591-3839. Registration is per student, must have a partner registered in the class to attend.

Classes: 240-777-6870

6 Sessions \$42
Instructor: Tony Seleme
278941 Bauer Drive CC 6/28 M 7:15pm - 8:15pm
Instructor: Thomas Woll/Ann Basso
278942 Glenmont Local Park 7/1 Th 7:00pm - 8:00pm

Ballroom II (Couples)

Ages 16&Up:Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included. For further information please contact your instructor directly. Instructors: Tony Seleme 202-386-2060, Thomas Woll, 703-591-3839. All students will need a partner registered to participate in the class.

6 Sessions \$42 Instructor: Tony Seleme 278956 Bauer Drive CC 6/28 M 8:15pm - 9:15pm Instructor: Thomas Woll/Ann Basso 278954 Glenmont Local Park 7/1 Th 8:00pm - 9:00pm

Ballroom IV (Couples)

Ages 16 & Up:Prerequisite:Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly. Instructor: Thomas Woll, 703-591-3839. All registration fees are per person, a registered partner is required for this class.

6 Sessions

Instructor: Thomas Woll/Ann Basso 278967 Glenmont Local Park 7/1 Th 9:00pm -10:00pm

Ballroom Practice&Party(Couples)

Age 16 & Up: Intermediate/Advanced: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly. Instructor: Tony Seleme 202-386-2060. Registration is per person, students must have a registered partner to attend the class.

6 Sessions \$66 Instructor: Tony Seleme 279193 Holiday Park Snr Ctr 7/2 F 7:00pm -10:00pm



Wheelchair Ballroom and Social Dance

Classes: 240-777-6870

Ages 15&Up: Get started in the exciting dances made famous on 'Dancing with the Stars', such as the romantic Rumba, the elegant Waltz, and the passionate Tango. Learn practical tips on how to dance together in any social situation. Join us for a 'no barriers' introduction to partner dancing. Both manual wheelchair and power wheelchair techniques will be taught. Please note:scooters are not suitable for this class. No dance experience is necessary. The seated dancers must be able to move their own wheelchairs. The standing partners should at least have average balance, strength, and agility. Fee is per person, each student must have a registered partner in the class. For additional information, please call Sue Green at 301-448-6243.

6 Sessions \$42

Instructor: Sue Green

279094 Holiday Park Snr Ctr 7/10 Sa 12:00pm - 1:00pm

Dance Dance for the Special Occasion (Singles and Couples)

Ages 18 & Up: This dance class covers some ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required. Instructor: Herb Fredricksen

6 Sessions 280189 Germantown CC 7/7 W 8:15pm - 9:15pm 280190 Potomac CC 6/17 Th 8:00pm - 9:00pm

Ballroom Wedding Dances (Couples)

Ages 18 & Up:Beginner:Learn to dance for that special occasion, your wedding, or just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

\$42 6 Sessions Instructor: Tony Seleme 278947 Holiday Park Snr Ctr 6/29 Tu 7:00pm - 8:00pm Instructor: Thomas Woll/Tony Dunn





8:00pm - 9:00pm



Ballroom with a Twist

Dancing as Easy as 1,2,3Ages: 16 &Up:This class is for the guy or gal with two left feet and their sympathetic (or not) partner. Learn which foot to start on, what position you play, where you're going and when to go fast or slow. Best of all, learn the reasons that the lead is male and the follow female. They are equal in value and essential to the cooperative form called couple dancing. When both learn this, he'll gladly dance and she'll have a partner for life! Partners are not required, singles and couples are welcome.

6 Sessions \$42 Instructor: Herb Fredricksen 280192 Potomac CC 6/17 Th 7:00pm - 8:00pm

International Tango

Ages 16 & Up: With years of experience teaching ballroom dances on cruise ships, the instructors will teach you this energetic ballroom dance with an attitude! This class is based mainly on the bronze and silver level figures of International Tango, sprinkled with figures of Social Tango and even Argentine Tango. You will learn the head flick, the dip, the drag, and other well-known tango moves to become the envy of any dance party.

6 Sessions \$54 Instructor: Peter and Beverly Tam 278146 Holiday Park Snr Ctr 6/28 M 8:00pm - 9:30pm

Swing (Couples)

Ages 16 & Up:Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is a East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. Registration fee is per person, students must have a registered partner to attend.

6 Sessions \$54 Instructor: Tony Seleme 279191 Holiday Park Snr Ctr 6/29 Tu 8:00pm - 9:00pm

DC Hand Dancing (Singles and Couples)

Ages 18 & Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

6 Sessions \$42 Instructor: Thomas Woll/Tony Dunn 278946 Potomac CC 6/30 W 7:00pm - 8:00pm Come on and dance, dance, dance!

Latin

Latin Argentine Tango, the Dance of Love

Ages 16 &Up: This free moving and sensual Argentine Tango offers the dancer the opportunity to dance with poise and attitude. Join Herb as he teachers the dance with passion and fun!

6 Sessions \$42

Instructor: Herb Fredricksen

280191 Potomac CC 6/17 Th 9:00pm -10:00pm

Latin Salsa (Couples)

Beginner: Ages 16&Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance. Registration is per person, must have a registered partner to attend the class.

6 Sessions \$54 Instructor: Tony Seleme

278949 Holiday Park Snr Ctr 6/29 Tu 9:00pm -10:00pm

Latin Salsa (Singles & Couples)

Beginner: Ages 16 & Up: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to insure a balance. Students change partners frequently. Tom Woll may be reached for further information at 703-591-3839.

6 Sessions \$42

Instructor: Thomas Woll/Tony Dunn 278951 Potomac CC 6/30 W 9:00pm -10:00pm

Cardio Latin Dance

Ages 15 & Up:Get ready to shake your hips in this fun, energetic, fat-blasting, Latin dance fitness experience! With a fusion of exciting rhythms from around the world, you will learn the basic moves first, and then use them in an energetic and stress-releasing workout. No dance experience necessary! Beginners will get a good foundation in the basic dance patterns of Merengue, Cha Cha, Salsa, Samba, and Rumba. Dancers who already know the basics will learn to layer on the techniques of Latin Motion, arm styling, and stylish footwork.

6 Sessions \$54 Instructor: Sue Green

279097 Gwendolyn Coffield CC 7/8 Th 7:00pm - 7:45pm 279096 Holiday Park Snr Ctr 7/10 Sa 1:15pm - 2:00pm



International

Hawaiian Hula Dance

Ages 18 & Up: Learn to dance the hula! This beginner-level class will emphasize instruction of proper basic movements and hand positions. No prior hula experience required - go at your own physical pace. Wear loose and comfortable clothing. Come see why this graceful dance form has gained popularity over the world! Please send all inquiries to vivian_takafuji@yahoo.com

Classes: 240-777-6870

6 Sessions \$54 Instructor: Vivian Takafuji

279041 Wisconsin Place CC 7/12 M 7:15pm - 8:15pm

Belly Dancing (Middle Eastern) I

Ages 11&Up: Beginner Level 1. Sophisticated...spiritual....irresistible...This dance is suitable for all ages, shapes. and sizes, and does not require any prior dance experience. Belly dancing provides an aerobic workout that is gentle on the body, trims the waist, and is exhilarating for the spirit! Students learn the foundations of ancient Middle Eastern dance movements and muscle control while exploring Middle Eastern rhythms and melodies. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

 6 Sessions
 \$54

 Instructor: Zareen
 279178 Jane E. Lawton CC
 7/7 W
 7:30pm - 8:30pm

 279179 Jane E. Lawton CC
 7/11 Su
 4:00pm - 5:00pm

Belly Dance (Middle Eastern) II

Ages 11 & Up: This class is for students that want to experience the elegance of this dance beyond the beginner level. Students will need to have completed the beginner class or have previous belly dance experience. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

6 SessionsInstructor: Zareen
279180 Jane E. Lawton CC 7/7 W 8:30pm - 9:30pm

International Folk Dancing

Ages 18 & Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail-diamonddancecircle @comcast.net.

Instructor: Phyllis Diamond
7 Sessions \$47
278147 Jane E. Lawton CC 6/28 M 7:30pm -10:00pm
4 Sessions \$27
278148 Jane E. Lawton CC 7/26 M 7:30pm -10:00pm

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Square Dancing

Classes: 240-777-6870

Folk Square-FamilyAll Ages: The whole family will have a great time with this family-friendly dance. The class is geared toward families with children but all are welcome to join the class. No dance experience necessary. The only requirement is that children be able to listen and follow directions. Suggested mininum age is 4 years. Fee is per

4 Sessions \$16

Instructor: Betsy Taylor

278154 Schweinhaut Snr Ctr 7/10 Sa 12:30pm - 1:30pm

Folk Square Mainstream

For those who have completed the Basic course and wish to learn the Mainstream Program of Modern Western Square Dancing.

6 Sessions

Instructor: Betsy Taylor

278150 Schweinhaut Snr Ctr 7/1 Th 10:00am -11:00am

Folk Square Plus

Ages 8&Up: For those who have completed Mainstream.

6 Sessions \$24 **Betsy Taylor** Instructor:

278152 Schweinhaut Snr Ctr Th 11:10am -12:10pm Swing your partner!





Folk Contra

Ages 6 & Up: Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner.

4 Sessions Instructor: Betsy Taylor

278155 Schweinhaut Snr Ctr 7/10 Sa 1:30pm - 2:30pm

*Unfo*MONTGOMERY



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Music for Adults

Group Piano

Ages 18&Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. Don't see a convenients day or time for your level; call 240-777-6870 and let us know your needs. Ages 18&Up: Beginner. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

6 Sessions \$90

7/13 Tu

8:00pm - 8:50pm

Instructor: Elizabeth Duncan 280395 Holiday Park Snr Ctr 7/12 M 8:00pm - 8:50pm 280396 Holiday Park Snr Ctr 7/13 Tu 10:00am -10:50am

Group Piano Adv. Beg

280397 Holiday Park Snr Ctr

Ages 18&Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

6 Sessions \$90

Instructor: Elizabeth Duncan

280391 Holiday Park Snr Ctr 7/12 M 2:15pm - 3:05pm 280392 Holiday Park Snr Ctr 7/13 Tu 11:00am -11:50am 281591 Holiday Park Snr Ctr 7/13 Tu 7:00pm - 7:50pm



Group Piano Intermediate

Ages 18&Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

Classes: 240-777-6870

6 Sessions \$90

Instructor: Elizabeth Duncan

 280399
 Holiday Park Snr Ctr
 7/12
 M
 11:00am -11:50am

 280400
 Holiday Park Snr Ctr
 7/12
 M
 7:00pm - 7:50pm

 280401
 Holiday Park Snr Ctr
 7/13
 Tu
 1:15pm - 2:05pm

 280402
 Holiday Park Snr Ctr
 7/13
 Tu
 12:15pm - 1:05pm

Group Piano Advanced

Ages 18&Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

6 Sessions \$90

Instructor: Elizabeth Duncan

280393 Holiday Park Snr Ctr 7/12 M 12:15pm - 1:05pm 280394 Holiday Park Snr Ctr 7/12 M 10:00am -10:50am

Group Piano Popular Piano Favorites

Ages 18&Up: A fun and exciting approach to music and piano! Both session introduce piano to new students and those who have been away from the keyboard for some time. No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Come and make music in a relaxed enjoyable environment. Students should have a piano or keyboard available to them for practice. Look for future sessions to include Broadway songs, easy Jazz and students choice, your favorites!

6 Sessions \$90

Instructor: Elizabeth Duncan

280404 Holiday Park Snr Ctr 7/12 M 1:15pm - 2:05pm

Guitar Level I

Ages 9&Up: Beginner:Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferrably acoustic), (electronic tuner and a pencil. Songbook included in class price. Questions? Call Brian Gross at 301-320-6999.

7 Sessions \$109

Instructor: Brian Gross

280051 Potomac CC 6/22 Tu 7:00pm - 8:00pm 280055 Wisconsin Place CC 6/21 M 6:00pm - 7:00pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, an electronic tuner and pencil. Songs and materials included in class price. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.

7 Sessions \$94

Instructor: Brian Gross

280159 Wisconsin Place CC 6/21 M 7:00pm - 8:00pm 280157 Potomac CC 6/22 Tu 8:00pm - 9:00pm

Cooking

Wine & Dine

Classes: 240-777-6870

Wine & Dine - Summer Party Time Wines

Ages 21&Up: Summer Time Chill Out! And now for something totally different from what we normally do in our wine classes. We are going to experiment with different wines and different food groups to see how they work best together. The wines will be four whites, one rose and four reds. The foods will be typical summer fare; grilled bison burgers, premium hot dogs, grilled veggies, deli meats, cheeses and some specialty appetizers. We'll taste each food item with different wines and determine which go together best, then prepare a ranking of wines and foods that go together for distribution to the entire class and subsequent wine and food pairing classes. Take home recipes. \$20 food and wine fee due instructor at class time.

1 Session \$52 Instructor: James Davis

280354 Ross Boddy CC 7/2 F 7:00pm -10:00pm

Wine & Dine - The Great Wines From Germany

Ages 21&Up: Though Germany is not know primarily for it's wines, they do grow and vint some quite amazing wines. The wine referred to for centuries as The Noble Wine is Riesling and nobody grows them better than the Germans. We all get confused with the German Wine designation system, but in this class vou will find out the difference between 'Trockenbeerenauslese' and 'Trocken' or 'Kabinet.' Because the Alsace section of France borders on Germany, we will include some wines from Alsace as well. The food pairings can't be completed until we actually purchase the wines, because we never know what is going to be available locally. The menu should be ready about a week before the class and you may contact the instructor to get the details. Remember, in this class, we cook first, then clean up, then we taste the foods we have prepared along with wines for each dish. Take home recipes. \$20 food and wine fee due instructor at class time.

 1 Session
 \$52

 Instructor:
 James Davis

 280355
 Ross Boddy CC
 8/13
 F
 7:00pm -10:00pm

Wine & Dine-Wines of the Iberian Peninsula

21&Up: This portion of Europe only contains three countries, Spain, Portugal and Andorra; but only two of them produce wines for export and of course that is Portugal and Spain. They have been known for years for cheap, unremarkable wines (remember Lancer's and Mateus Rose), but always recognized for their contribution to the wine world with Ports, Sherries and Madiera's. Well, we will surprise you again! There are some remarkably good and inexpensive wines coming from both Portugal and Spain and we are going to do our best to find nine of them to show you what we mean. We will prepare a selection of Tapas to accompany the wines selected for tasting. Remember, in this class we cook, then clean up, then taste the food and wine together. Take home recipes. \$20 food and wine fee due instructor at class time.

 1 Session
 \$52

 Instructor: James Davis
 280356 Ross Boddy CC
 9/3 F
 7:00pm -10:00pm



Savor the Grown Up Flavors

Savor the Grown Up Flavors are classes which end with a Punch! Participants will assist in the preparation of several dishes, then sample the food with an accompaning beverage which relates to the food theme. Proper ID Required.

Spanish & Portuguese Tapas

Ages 21&Up: Explore good Tapas, one dish at a time. In this class, we will prepare and taste delicious but not difficult to make tapas such as Andalusian Style Gazpacho, Spicy potato/chicken croquettes with sweet garlic aioli sauce, Roasted Pepper & Tomato Salad with Spanish Bruschetta and White Citrus Sangria. \$18 food fee due to the instructor at class time. 1 Sessions \$50

Instructor: Alba Johnson 280161 Ross Boddy CC 7/8 Th 7:00pm - 9:30pm

New Southwestern Mexican Cuisine

Ages 21&Up: Contemporary cooking with traditional ingredients. In this class we will prepare simply cooked and flavorful dishes such as Marinated Ahi Tuna with Mango Salsa, Pecan Honey-Coated Shrimp, and Zucchini Chili Pancakes. Served with Sunrise Punch. \$18 food fee due instructor.

 1 Session
 \$50

 Instructor: Alba Johnson
 280162 Ross Boddy CC
 8/5 Th
 7:00pm - 9:00pm

The Art of Wine Making

Ages 21&Up: If you whine about the price of wine or can't find one to suit your tastes, this course is ripe with solutions! It is designed to provide you with a practical understanding of home wine making. It's not just squishing grapes; through lecture and demonstration, you'll discover the secret ingredients which will enable you to make great wine with confidence. Wine Making kits will be available for purchase, optional, with prices ranging \$80 and up.

 1 Session
 \$36

 Instructor: Richard Baldwin
 279195 Marilyn J. Praisner CC 6/21 M 7:00pm - 9:00pm

 279196 Ross Boddy CC 7/19 M 7:00pm - 9:00pm
 7:00pm - 9:00pm

 279197 Gwendolyn Coffield CC 8/23 M 7:00pm - 9:00pm





Now We're Really Cooking!

The Secrets of Spices

Ages 15&Up: Spices can be fickle things to match properly, especially if a recipe calls for something you've never used. Indulge your senses in a learning experience with exotic spices from around the world. Learn how to maximize flavor and prepare spice combinations. You'll cook (and eat!) a meal that shows how the right spices can make your regular dinner routine irresistible. In the class we will prepare, Pita chips with Arabic Baharat spice mix, Grilled chicken with Moroccan Spice rub, Tunisian Spinach and Chick peas with Spicy Harissa Sauce. Take home recipes. \$15 food fee due instructor.

1 Session \$50 Instructor: Alba Johnson 280160 Clara Barton CC 6/23 W 7:00pm - 9:00pm

Summer Pasta

15&Up: Great Light Summer Meals! Wonderfully fresh vegetables with extra virgin olive oils, coupled with imported pastas, equal summer meals that are light, fresh, attractive and amazingly simple to prepare. Re-charge your love for pasta and fresh vegetables and place a meal on the table that will please all of your family members. Fresh herbs, fresh vegetables combined with all the knowledge and skill of the most experienced Italian home cooks will make you the star of the kitchen. A complete take home set of recipes and instructions are included. \$15 food fee is due to the instructor at first class.

1 Sessions\$50Instructor: James Davis7/6Tu7:00pm - 9:30pm

Knife Skills Summer

Ages 18&Up:The Cutting Edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

 1 Session
 \$65

 Instructor: James Davis
 280163 Ross Boddy CC
 7/10 Sa 10:30am - 2:30pm



15&Up: Different Ways to Enjoy America's Favorite Seafood! Starting with fresh salmon we will make a wonderful smoked salmon spread for appetizers (and yes, we'll smoke the salmon in the class); then on to the simplest and easiest preparation with oven poached fresh salmon with dill sauce; then we'll do Pan Fried Salmon Steaks served with a special tartar sauce. A unique fresh vegetable accompaniment will surprise you with the ease of preparation. A complete take home set of recipes and instructions are included. \$15 food fee is due to the instructor at first class.

Classes: 240-777-6870

Instructor: James Davis 280342 Ross Boddy CC 7/20 Tu 7:00pm - 9:30pm

Summer Vegetarian

15&Up: The Freshest Available from the Farmers Market! Can't tell you now what the menu will be because we won't do that until we are able to get to the market early in the morning on the day of the class. But we can tell you that it will be the freshest local vegetables that we can find, picked at the height of freshness and brought straight to class. We will prepare them as simply as possible to bring out the natural flavors. No fancy sauces, no meats and no other flavor enhancers, except possibly some fresh cheese, if we can find it. Take home recipes. \$15 food fee is due to the instructor at class.

1 Session \$50 Instructor: James Davis

280343 Ross Boddy CC 8/3 Tu 7:00pm - 9:30pm

North Carolina Barbecue

1 Sessions

15&Up: Long, slow cooked, smoked barbecue is not a science in North Carolina, it is, in fact, an art form. Even the regional variations are taken very seriously. For instance, you will never solve the issue of which is best, Eastern NC Sauce or Western NC Sauce. We will not take sides, we will prepare BOTH! But the sauce is not the only point of disagreement in this Barbecue Happy State, side dishes are taken just as seriously. Cole Slaw is a must, baked beans even more so, and we'll do them all. Take home recipes. \$15 food fee due to instructor at class.

Instructor: James Davis 280344 Ross Boddy CC 8/7 Sa 10:30am - 1:30pm

\$50

Be Your Own Economic Personal Chef

15&Up: 'The secrets of 'fix ahead food.' You will cook with the experts and learn how to prepare 2 weeks worth of food at a time AND how to save money in the process. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. We will prepare a full lunch as part of the experience, so come with an appetite. Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee due instructor at class time.

1 Session \$65 Instructor: James Davis

280164 Ross Boddy CC 7/24 Sa 10:30am - 2:30pm

Find a Mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!







Summer Hors D'oeuvres

Classes: 240-777-6870

Ages 15&Up: Summertime Entertaining Musts! We'll try not to heat up the kitchen too much as we prepare a variety of tasty hors d'oeuvres that you can serve for a tea party, a reception, a summer neighborhood get-together or even a formal dinner occasion. We'll combine fresh garden tomatoes and other vegetables. fresh cheeses, fresh herbs and flavored oils along with wonderfully light breads and crackers. Stuffed zucchini's, chicken salad, bruschetta's and other tasty combinations will be laid out on the fanciest serving plates that you have. Surprise and astound your guests. Bring an appetite, we eat what we fix. Take home recipes are provided. A \$15 food fee is due to the instructor at class time.

1 Session \$50

Instructor: James Davis

280346 Ross Boddy CC 8/21 Sa 10:30am - 1:30pm

Summer Seafood

Ages 15&Up: The Summer Bounty from the Bay and Elsewhere! We will be preparing the best that we can find at the local seafood markets. It will probably involve at least one or two different shell fish (prepared simply) and whatever other fresh seafood we can locate locally. Rockfish is a good possibility, but then so is snapper, we'll just have to wait and see. Regardless of what we have to prepare, it will be prepared simply and easily so that you can spend more time enjoying other family activities and at the same time serve them surprisingly good summertime meals. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

\$50 1 Session

Instructor: James Davis 280345 Ross Boddy CC 8/17 Tu 7:00pm - 9:30pm

Smoking and Grilling 15&Up: Get The Most from Your Grill - Grilled Ginger Tenderloin Pork Roast, Grilled Caribbean Chicken and Grilled Green Beans with Gorgonzola Vinaigrette will produce a great summertime picnic menu for a small family gathering or a large neighborhood get-together. Easy and simple to do, regardless of the quantity you are preparing. We will use both gas and charcoal grills and learn how to work with both. Come with an appetite because we eat what we fix and we're fixin' a plenty. Take home recipes. \$15 food fee due to instructor at class.

1 Sessions \$50

Instructor: James Davis 280348 Ross Boddy CC 8/28 Sa 10:30am - 1:30pm

Tapas

Ages 15&Up: Started in Spain, now spread throughout the entire world; these tasty little bites are gaining popularity everywhere that people gather. The 'small bites' are meant to be shared so we will prepare several different ones, including Shrimp Fritters, Spicy Sausage and Cheese, Barbecued Mini Ribs, Smoked Fish and Fruit Pintxos and Spanish Meatballs in tomato sauce. In addition, you will find out the real story behind the 'tapas,' where they are from and what their name really means. We eat what we fix so come with an appetite! Take home recipes. \$15 food fee due instructor at class time.

1 Session \$50 Instructor: James Davis

280347 Ross Boddy CC Tu 8/31 7:00pm - 9:30pm





Summer Thai

Ages 15&Up: Brand New Recipes for A Brand New Class! This is a new set of recipes for a summer time Thai evening at home. Everything from a wonderful salad to a great light dessert. We'll start with a marvelous Thai Chicken Salad Recipe ('Larb Gai') for a delightfully fresh combination salad. We follow that with Stir-Fried Lemon-Lime Shrimp! And unlike most shrimp recipes, it doesn't contain a lot of cream or butter. Coconut milk is used instead, which means this dish is lighter, but still rich in flavor and simply zings with taste. And for dessert, a tasty and light Asian-style Tapioca Pudding that is SO delicious and very easy to make. Take home recipes. \$15 food fee due to instructor at class time.

1 Session \$50 Instructor: James Davis

280349 Ross Boddy CC 9/11 Sa 10:30am - 1:30pm

Great Summer Lunches

15&Up: Step back in time when folks had a real lunch, not just a quick visit to the fast food joint. Studies state that the midday meal is the most important meal and we'll show you this great summer lunch menu; one that you and yours will want to savor! We'll start with a unique and tasty White Gazpacho with Grapes and Toasted Almonds, a really fresh and summery Tomato and Shrimp Pasta and a dessert of summer fresh strawberries! This is a perfect luncheon menu that will show off your newly learned kitchen skills. So bring an appetite and join us. Take home recipes! \$15 food fee due to instructor at class time.

1 Session

Instructor: James Davis 280350 Ross Boddy CC 9/14 Tu 7:00pm - 9:30pm

Great Summer Desserts

Ages 15&Up: Not Just Pie in the Sky!There's way to much good stuff in the market now and we are not about to let it go to waste. We start with the 'All-American Peach Pie Wonder' (world's easiest peach pie), then an Apple Blueberry Cobbler and a Red White and Blueberry all time favorite American Colors Pie. Three summer desserts that you can easily repeat at home We eat what we fix, so bring an appetite. \$15 food fee due instructor at class time.

1 Session \$50 Instructor: James Davis

280351 Ross Boddy CC 9/18 Sa 10:30am - 1:30pm







Exercise & Fitness for Youth and Adults

Introduction to Weight Training-Youth

Ages 14-17: Small group introduction into weight training for teens designed to teach weight room etiquette, proper stretching, cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Assistance in developing a personal program for you to continue on your own. Instructor is a Certified Trainer. This is an informative program, and not mandatory, but encouraged before obtaining an exercise pass, however, any 14yrs-17yrs must have adult supervision from a paid member in the weight room with him/her at all times. Questions call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net or Doug Schwanke at (240) 460-2205 or email at deschwanke@yahoo.com.

4 Sessi	ons			\$71
Instruct	tor: Fred Mosby			
278457	Germantown CC	6/26	Sa	10:00am -11:00am
Instruct	tor: Douglas Schwar	ıke		
278455	Potomac CC	7/6	Tu	6:00pm - 7:00pm
278456	Bauer Drive CC	7/8	Th	6:00pm - 7:00pm

Youth and Teen Boot Camp

at Studio 310

Ages 13-16yrs: Youth Bootcamp - an all encompassing total body workout designed for the young exerciser. This class is not only motivating, and effective, it is fun! Great music, effective exercises, and a motivational instructor are what makes this class for your child.

6 Sessions			\$36
Instructor: Dance Studio	310		
279976 Studio 310	6/22	Tu	8:00am - 9:00am

Biggest Loser Challenge! Hosted by: Studio

Classes: 240-777-6870

Ages 18 & Up: Do you struggle with weight loss, getting motivated to exercise and eating healthy? Need motivation, guidance and a support group to get started? Join the 8 week Biggest Loser Challenge! There is a Blue Team (Monday 'Losers') and Red Team (Wednesday 'Losers'). Each individual will receive their own personal coach, FREE body analysis, informative health and fitness topics and 10 passes (kickoff workout is FREE) to participate in kickboxing, body sculpting, power yoga, high energy cardio dance classes such as zumba, hip hop or belly dancing and much more all provided at Studio 310. There will also be designated weekly weigh-ins and challenges between teams. You have nothing to lose but inches! Kickoff meeting for both teams: Thursday, June 17th 630pm. For more information call 301-838-0310 or email info@studio-310.com

o sessions			704
Instructor: Studio 310			
279974 Studio 310	6/21	M	6:00pm - 7:00pm
279975 Studio 310	6/23	W	6:00pm - 7:00pm

Bio Aerobics Tone & Firm

16&Up (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Please bring a mat or towel. Resistance devices optional. Instructors are FITA and CPR certified. Questions call: 410-519-4186

16 Sessions \$74
Instructor: Company Bio Aerobics Inc.
278977 Banneker, BenjaminMS 6/22 Tu,Th 7:45pm - 8:45pm

The 3-D Bodyband Workout

Ages 16&Up: A unique conditioning workout utilizing the body's natural three-dimensional planes of motion. The fluid and graceful workout incorporates the movement esthetics of modern dance, with total body functional exercises, performed in rhythmic temp which eliminates joint trauma. In one seamless workout The 3-D Bodyband workout delivers the strength, cardio, flexibility and stability to multiple users simultaneously. The collective energy of people working together to deliver supreme individual results. For more information contact Dan at: 301-654-3072 or 301-233-8117 or email at: danffalcone@gmail.com

Instructor: Dan Falcone 280053 Wisconsin Place CC 6/20 Su 12:00pm - 1:00pm

Body Sculpt

8 Sessions

Ages 16 & Up: Non impact, weight training style workout. This class is designed to tone your body and make it lean. In this class we use weights, resistance bands, and your body to get the ultimate workout. BYOW–Bring your own weights. (5lb weights and resistance bands are provided).

		\$48
6/21	M	5:30pm - 6:30pm
6/23	W	5:30pm - 6:30pm
	0/21	0/21 111

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YOU CHOOSE THE START DATE!

Register Anytime For These Programs! Enjoy workouts at locations and times convenient to your schedule. Passes are valid from your date of registration for the specified number of months and/or sessions.

A.C.T. The Workout

Classes: 240-777-6870

Ages 16&Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Program is designed to allow self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. Take your receipt to any class location below to pick up your session pass from the instructor. Your pass is valid for 3 months from the first class attended at any ACT location.

Class Locations	Days	Times
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T,Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Praisner Community Center	M,W	7:00-8:00pm
Fairland CC	M,W	7:00-8:00pm
Wayside ES	M, W	7:00-8:00pm
Potomac Community Center	T,Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Wayside ES	Sun	9:30-10:30am

Register anytime from July 1 - August 28 for these

12 Sessions	\$60
278486	•
278487	
278488	
18 Sessions	\$80
278489	
278490	
278491	
24 Sessions	\$100
278492	
278493	

36 Sessions 278495 278496

278494

The Sergeant's Program

Ages 18&Up: An outdoor, no frills, military style program offering result-based structured workouts by highly trained instructors. Co-ed training for all fitness levels. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance. Out of Shape? Attend a beginner Boot Camp. In good shape? You will love our Maintenance Program. Classes meet 5 days/wk (M-F) Take your receipt to any class location listed below. Your pass is valid for 2 months (40 sessions) from the first class attended.

Location addresses on MCRD website: www.montgomerycountymd.gov/rec or email cdyson@sarge.com or call 301-944-1230 ext. 712

Register anytime from July 1 - August 28 for this course pass.

C	lass Locations	Days	Times
G	ermantown	M-F	5:45am-6:45am
R	ockville-AM	M-F	5:40am-6:40am
R	ockville-AM (men only)	M-F	5:45am-6:45am
Po	otomac	M-F	9:05am-10:05am
0	lney	M-F	5:30am-6:30am
Po	otomac	M-F	6:00am-7:00am
Si	Iver Spring-AM	M-F	5:45am-6:45am
Si	Iver Spring-PM	M-F	6:30pm-7:30pm
В	ethesda	M-F	5:45am-6:45am
C	hevy Chase	M-F	5:45am-6:45am
D	amascus	M-F	5:45am-6:45am
JC	CC	M-F	5:50am-6:50am
G	aithersburg	M-F	5:50am-6:50am
W	/heaton	M-F	5:45am-6:45am

Boot Camp & Maintenance Program

For students new to the Sergeant's Program.

Two-Months (50 Session) \$ 299 279991

The Sergeant's Program, Continuing

Continuing student's who have taken either Boot Camp or Maintenance Sergeant's Program through MCRD in the past.

Two-Months (50 Session) \$ 239 279992



\$145



Dynoband Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian). Resistant fitness band for men and women. Helps tone, strengthen and condition your enitre body. Builds endurance, relieves stress and increases flexibility. Ideal for home use and travel. Use it alone or as a complement to the Legs and Glutes, and/or Core and Stretch Conditioning. The instructor is a certified personal trainer. Doug Schwanke at (240) 460-2205 or email at dcschwanke@yahoo.com. May purchase bands from instructor first day of class.

\$37 8 Sessions Instructor: Douglas Schwanke

278447 Potomac CC W, M 6:00pm - 6:30pm

Legs and Glutes

Ages 16 & Up (13-15 if accompanied by a parent or guardian): This class is designed to work all of the major and minor muscle groups of the lower body using cardio conditioning, strength, and endurance. Use it alone or as a complement to Circuit Training. The instructor is a certified personal trainer. Doug Schwanke at (240) 460-2205 or email at dcschwanke@yahoo.com

8 Sessions \$37

Instructor: Douglas Schwanke 278449 Potomac CC W, M 6:30pm - 7:00pm

Circuit Training

Ages 16&Up (13-15 if accompanied by parent or guardian): Circuit training is an excellent way to simultaneously improve mobility, strength and stamina. The circuit training format utilizes a combination of strength training and cardiovascular conditioning exercises that are completed one exercise after another. Use it alone or as a complement to the Legs and Glutes and/or Core and Stretch Conditioning. The instructor is a certified personal trainer. Doug Schwanke at (240) 460-2205 or email at dcschwanke@yahoo.com

8 Sessions

Instructor: Douglas Schwanke 278451 Potomac CC W, M 7:00pm - 7:30pm

Core and Stretch Conditioning Ages 16 & Up (13-15 is accompanied by parent or

guardian): A concentrated 30 minute abs style class that will work your core muscles (abs, low back, obloquies, etc) using calisthenics, resistance bands, and dumbells followed by stretching. Use it alone or as a compliement to Circuit Training. Instructor is a certified Personal Trainer. Question call Doug Schwanke at (240) 460-2205 or email at dcschwanke@yahoo. com

\$37 8 Sessions Instructor: Douglas Schwanke



Dance & Fitness

Ages 16&Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Summer session has routines from the best of thepast 4 sessions combined for quick re-learning and jumping right into fun. Instructors are trained, experienced and CPR certified. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email at: dancenfitness@verizon.net

Classes: 240-777-6870

12 Sessions

Instructor: Jinjer Azuree

278478 Jane E. Lawton CC 6/21 M, W 6:00pm - 7:00pm

Instructor: Alice Donnelly

278479 Potomac CC 6/22 Tu, Th 6:00pm - 7:00pm

Instructor: Wendy Eckenrode

278480 Bauer Drive CC 6/22 Tu, Th 4:30pm - 5:30pm

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE & CPR certified. Perfect for beginners and intermediates. Questions call Juliet Rodman at: 301-229-7555 or email at Juliet@wellnesscorporatesolutions.com

18 Sessions \$108

Instructor: Juliet Rodman

280352 Clara Barton CC 6/22 Tu, Th 8:00am - 9:00am

Dynaerobics

Ages 16&Up:(Ages 13-15 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions \$88

Instructor: Gail Oring 278498 Bauer Drive CC Tu, Th 6:00pm - 7:00pm

8 Sessions Instructor: Regina Gaither

278499 Bauer Drive CC 9:00am -10:00am 6/26

Dynaerobics Body SculptingAges 16&Up: (Ages 13-15 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions \$93

Instructor: Gina Dols 278974 Bauer Drive CC 6/21 M, W 6:00pm - 7:00pm 8 Sessions \$46

Instructor: Regina Gaither

278975 Bauer Drive CC 6/26 Sa 11:00am -12:00pm



Classes: 240-777-6870

Group Workout Pilates On The Ball

Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net

12 Sessions \$110

Instructor: Fred Mosby

279091 Germantown CC 6/29 Tu, Th 6:00pm - 7:00pm

HoopFit HoopDance

Ages 16 & Up (13-15 if accompanied by a parent/guardian): Put a new spin on your workout! Reshape your body while having fun at HOOPFit, the only exercise class that uses an adult-sized hoop for whole-body fitness. In this class you will quickly learn how to hoop around your waist and work your abs, and then you will lean easy moves which target your hips, buns, legs and arms. This is a full body workout, from an energizing warm-up to an invigorating workout, sontinuing with strength training and ending with stretching - all done with a hoop! Hoops provided in class, optional to purchase from instructor or bring your own. Wear natural fibers. Email Jeanne for more information at: jeanne@hoopmotion.com

8 Sessions		9	\$56

U SCSSI	Ulia			ΨΟυ
Instruct	tor: Jeanne M. Lied	ler		
278472	Bauer Drive CC	6/22	Tu	7:00pm - 8:00pm
278473	Wisconsin Place CC	6/24	Th	12:00pm - 1:00pm

Jazzercise

Ages 13&Up: Includes warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, Yoga, kick-boxing and FUN for every age and fitness levels. Enjoy workouts at locations and times convenient to your schedule. Take your receipt to first class location below for the instructor. Please bring exercise mat and handheld weights (optional). Questions call Diane Elmore at 301-330-0896 or email at: dielmojazz@verizon.net.

8 Sessi	ons			\$50
281194	Upper County CC	6/3	W	6:3pm-7:30pm
281192	Upper County CC	6/7	Μ	6:30pm-7:30pm
281195	Damascus CC	6/3	W	7:00pm-8:00pm
281193	Damascus CC	6/7	Μ	7:00pm-8:00pm

Jazzmatazz Low Impact Aerobics

Ages 16&Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic work-out. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

8 Sessions \$48

Instructor: Betsy Saunders

279154 Wheaton CC 6/22 Tu 7:15pm - 8:15pm 279155 Wheaton CC 6/24 Th 7:15pm - 8:15pm

Jazzmatazz Aerobics Light

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

8 Sessions \$48

Instructor: Betsy Saunders 279156 Wheaton CC 6/22 Tu 9:00am -10:00am 279157 Wheaton CC 6/24 Th 9:00am -10:00am

Jazzmatazz Pilates

Age 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both Monday & Wednesday.

8 Sessions \$61
Instructor: Betsy Saunders
279152 Sligo Middle School 6/21 M 7:00pm-8:15pm
9 Sessions \$68
Instructor: Betsy Saunders
279153 Sligo Middle School 6/23 W 7:00pm-8:15pm

Kettlebells Workshop-Beginners

Ages 18 & Up: If you are looking for a workout regime that incorporates strength training, muscle conditioning, and aerobic exercise all in one workout, then this hands-on basic kettlebell workshop is for you. Kettlebells are solid cast iron weights that look like a cannonball with a handle. The kettlebell fitness program is a dynamic all-over-body cardio and strength training workout. The kettlebell workshop is ideal for anyone who wants to: Burn fat quickly, Increase flexibility and mobility, Get toned and lean. Get results fast for optimum fitness! Instruction provided by MarylandKettlebells.com. For more information email Jason Schreiber, CSCS, USAW, HKC at marylandkettlebells@gmail.com or call 301-622-9000.

8 Sessions \$120 Instructor: Maryland Kettlebells

278446 East County CC 6/26 Sa 11:00am -12:00pm



Pilates can help to strengthen your core and increase flexibility. Additional pilates classes are listed on page 10.

Kickboxing

Ages 16 & Up: High impact, taeboe style workout designed to make you sweat and shed those unwanted pounds.

8 Sessions \$48

Instructor: Studio 310

 279968
 Studio 310
 6/21
 M
 7:30pm - 8:30pm

 279969
 Studio 310
 6/23
 W
 7:30pm - 8:30pm

Movin' with Millie: Aerobic Slimnastics

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength training. Please bring mat, dynaband, and hand weights to class. Questions call Millie at: 301-588-3577.

6 Sessions \$39

Instructor: Mildred Norwood Trimble

278976 Pilgrim Hills Local Park 6/30 W 9:30am -10:45am

Small Group Intro to Weight Training

Ages 17&Up: Small group introductory instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at (240)552-2227 or email at: fmosby@verizon.net or Doug Schwanke at(240) 460-2205or dcschwanke@yahoo.com

4 Sessions			\$71
Instructor: Douglas Schw	anke		
278461 Potomac CC	7/6	Tu	7:00pm - 8:00pm
278462 Jane E. Lawton CC	7/8	Th	7:00pm - 8:00pm
Instructor: Fred Mosby			
278464 Damascus CCr	6/21	M	7:15pm - 8:15pm
278463 Germantown CC	7/6	Tu	7:15pm - 8:15pm
278465 Germantown CC	7/8	Th	7:15pm - 8:15pm

Total Body Conditioning

Ages 18 & Up: High impact, nonstop, boot camp style workouts that will really make your muscles burn while you burn those unwanted calories. In this class you will use benches, light weights, resistance bands, and other fitness techniques to get your muscles toned.

8 SessionsInstructor: Studio 310

279970 Studio 310 6/22 Tu 6:30pm - 7:30pm



Wellness

Tai Chi and Kung Fu for Mind-Body Connection

Classes: 240-777-6870

Ages 16 & Up: Come and experience Tai Chi, a special combination of Internal Kung Fu and Qigong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and Qigong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com

6 Sessions \$54

Instructor: International

LLC Traditional Chinese Culture Institute

279014 Wisconsin Place CC 6/22 Tu 6:30pm - 7:30pm

Divine Life Yoga

Ages 16 & Up: Classes are designed for all abilities.s. In hatha yoga, you stretch and strengthen. Your body relaxes and your mind quiets. You will become more flexible, improve your balance and strengthen tired muscles. Learn about yourself as you explore the yoga postures and experience the calming effects of the breathing practices. Classes take place at a small studio in a suburban Gaithersburg home. Small classes offer caring, personal attention tailored to your body?s individual needs in an environment of serenity and harmony. Wear non-restrictive clothing. You do not need to bring a mat to class. All materials are provided. Contact Hillary at 301-924-5164 or hillary@divinelifeyoga.com for further information.

8 Sessions \$120 Instructor: Hillary Blackton

278476 Divine Life Yoga Studio 7/12 M 7:30pm - 9:00pm 278477 Divine Life Yoga Studio 7/15 Th 5:30pm - 7:00pm

Prenatal Yoga at Divine Life Yoga

Ages 16 &Up: Honor yourself and the life within. Instruction includes: breathing and relaxation techniques; stretching and toning muscle groups used during labor and delivery; techniques to relieve lower back pain; posture awareness; and visualization techniques that connect you with the life within. Wear comfortable clothing. All equipment for class is supplied. For more information, you can contact Hillary Blackton at 301-924-5164 or hillary@divinelifeyoga.

7 Sessions \$105

Instructor: Hillary Blackton

280691 Divine Life Yoga Studio 7/11 Su 3:30pm-5:00pm 280692 Divine Life Yoga Studio 7/13 Tu 5:30pm-7:00pm

Gentle Yoga

Ages 16&Up: (14-15 yrs if accompanied by a parent or guardian). Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Gentle Yoga allows the student to take a slower approach to beginning yoga. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

8 Sessions \$72 Instructor: Irene Bopp 279163 Bauer Drive CC 6/22 Tu 6:15pm - 7:15pm

Classes: 240-777-6870

Yoga BasicsAges 16&Up: (14-15 yrs with accompanied by parent or guardian). Introduces beginning and continuing students to yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com.

8 Sessions	\$72
Instructor: Irene Bopp	

279158 Bauer Drive CC 6/22 Tu 7:30pm - 8:30pm 279161 Marilyn J. Praisner CC 6/23 W 6:00pm - 7:00pm 279159 Marilyn J. Praisner CC 6/24 Th 10:30am -11:30am 279160 Paint Branch HS Th 7:00pm - 8:00pm 6/24

Yoga for Beginners

Ages 16 & Up: A physically vigorous class with benefits for your body, mind and spirit: Stretch and tone muscle, release chronic tension, destress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen, and balance your body. Each class ends with deep relaxation and meditation. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class. Questions call Nancy at: 301-294-6008 or email at: info@ouryogtribe.com

7 Sessions \$96

Instructor: Yoga Tribe LLC 278969 Nrbk-Mstr Mill Nbhd Pk 6/24 Th 7:00pm - 8:30pm 278970 Germantown CC 6/26 Sa 9:00am -10:30am

Intermediate Yoga

Ages 16 & Up: A physically vigorous class with benefits for your body, mind and spirit: Stretch and tone muscle, release chronic tension, destress and refresh. Calm restless thoughts, cultivate concentration, and support mental clarity and confidence. Encourage self-acceptance, honor inner wisdom, and invite deep peace. Classes begin with warm-up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen, and balance your body. Each class ends with deep relaxation and meditation. Previous voga experience is recommended. Wear non-restrictive clothing and bring a mat and bare feet to class. Question call Nancy at: 301-294-6008 or email at: info@ ouryogatribe.com

7 Sessions \$96 Instructor: Yoga Tribe LLC

278972 Bauer Drive CC 6/26 Sa 12:30pm - 2:00pm

Hatha Yoga and Stress Management Beg/Con

Age 18&Up Continuing Students & Beginners: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

5 Sessions \$58

Instructor: Suzana Cooper

278470 Jane E. Lawton CC 6/18 F 9:30am -11:00am 278469 Wisconsin Place CC 6/19 Sa 9:30am -10:45am

Hatha Yoga

Ages 16 & up: Beginning and continuing students are welcome. Increase well-being, reduce stress, improve concentration and develop strength, flexibility and balance. This class includes instruction and practice of yoga postures, breath awareness and techniques for calming and focusing the mind. Wear non-restrictive clothing and bring a yoga mat to class. Contact Mercedes at mercedita@verizon.net or 240-676-2914 for further information.

8 Sessions Instructor: Mercedes Santos

278497 Long Branch CC 6/23 W 6:30pm - 7:45pm

Vini YogaAges 14&Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

7 Sessions

Instructor: Patricia Miller

278965 Potomac CC 6/24 Th 9:15am -10:30am 278966 Potomac CC 6/24 Th 6:30pm - 7:45pm

Vini Yoga Intermediate

Ages 14&Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

6 Sessions \$69

Instructor: Patricia Miller 278959 Potomac CC 6/21 M 6:30pm - 7:45pm

Vini Easy Going YogaFor Seniors and All Others 14&Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058

7 Sessions \$81

Instructor: Patricia Miller

278958 Potomac CC 6/24 Th 10:45am -12:00pm





Power of Positive:8 Strategies to shift to a Positive Mindset

Ages 16 & Up:Our Self Talk is our thoughts. Do you want the decisions you make come from a positive or negative place? Our thoughts affect our relationships and careers, the direction of our goals and visions. Learn eight Positive Self Talk Strategies that will help you develop positive self talk and de-clutter your mind. For information contact Susan Samakow at: 301-706-7226 or email at: susan@selftalkcoach.net 1 Sessions \$35

Instructor: Susan Samakow

278978 Wisconsin Place CC 6/22 Tu 6:30pm - 8:30pm

Drop Your Diet: 8 Healthy Living

Ages 16&Up:Drop Your Diet; 8 lifestyle strategies for healthy weight loss. Diets don't work, but lifestyle changes do! With an ounce of knowledge and a pinch of awareness there is a lot you can do around simple lifestyle changes that will help you lose weight and keep it off. Discover 'Why French Women Don't get Fat' and how you can incorporate easy weight loss habits into your daily life. Leave this class more informed than ever before about what it means to make healthy lifestyle choices vs. quick and fad diet ideas. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5 material fee due to instructor. For more information contact Linda at 301-943-5737 or email at linda@simplewellbeing.com.

1 Session \$32

Instructor: Linda Petursdottir 279352 Lawton CC 6:30pm - 8:30pm

Back to School Give Lunch a Healthy Punch

Ages 16 & Up: Are you struggling to prepare a clean and healthy snack for your child? Do you wish you knew exactly what to include and avoid in order to nourish their growing bodies. Or maybe you're suffering from 'boring lunch box syndrome' and need some fresh ideas! Learn what to look for when preparing school snacks and lunches and why. How to combine lots of food groups, colors and textures to create a delicious and nutritious mini meal. And strategies that help save time and keep you prepared at all times so you don't have to rely on processed and chemical laden foods when you need something quick! An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. For more information contact Linda at: 301-943-5737 or email at: linda@simplewellbeing.com

1 Session \$25

Instructor: Linda Petursdottir 281147 Bauer Dr.CC 8/11 W 6:30pm-8:00pm

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montgomerycountymd.gov/rec



Classes: 240-777-6870

Martial Arts for Youth and Adults

Aikido Beginning

Ages 12&Up Beginner: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

7 Sessions \$50

Instructor: William Fairweather

278993 Ross Boddy CC 6/21 7:00pm - 8:30pm

Aikido Continuing

Ages 12&Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

9 Sessions

Instructor: William Fairweather 278994 Ross Boddy CC 7:00pm - 9:00pm 6/23

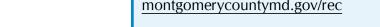
Kendo - Beginner

Ages 12&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30.See Shodo, an excellent complement to training. Questions email: tsir.office@ verizon.net

8 Sessions \$58

Instructor: Shiro Shintaku

280049 Ashburton ES 6/24 Th 7:00pm - 8:00pm



Karate/Jujitsu

Classes: 240-777-6870

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Fairland CC, Rolling Terr. ES, Germantown CC & Dufief ES. Beginners may attend the later time at all other sites.

7 Sessi				\$38	
Instructor: Company Staff: TKA, Inc.					
280058	Longwood CC	6/21	М	7:00pm - 8:00pm	
280059	Upper County CC	6/21	Μ	6:00pm - 7:00pm	
280060	Upper County CC	6/21	Μ	7:00pm - 8:00pm	
280061	Wheaton CC	6/21	Μ	7:00pm - 8:00pm	
8 Sessi				\$44	
	tor: Company Staff:				
280062	Germantown CC	6/22	Tu	6:00pm - 7:00pm	
280063	Germantown CC	6/22	Tu	7:00pm - 8:00pm	
280064	Damascus CC	6/23	W	6:00pm - 7:00pm	
280065	Damascus CC	6/23	W	7:00pm - 8:00pm	
280066	Bauer Drive CC	6/23	W	6:00pm - 7:00pm	
280067	Bauer Drive CC	6/23	W	7:00pm - 8:00pm	
280068	Potomac CC	6/23	W	7:00pm - 8:00pm	
280069	Resnik, Judith A. ES	6/23	W	6:00pm - 7:00pm	
280070	Resnik, Judith A. ES	6/23	W	7:00pm - 8:00pm	
280071	Clara Barton CC	6/23	W	7:00pm - 8:00pm	
280072	Watkins Mill ES	6/23	W	7:00pm - 8:00pm	
280073	Marilyn J. Praisner CC	6/24	Th	6:00pm - 7:00pm	
280074	Marilyn J. Praisner CC	6/24	Th	7:00pm - 8:00pm	
280075	DuFief ES	6/24	Th	6:00pm - 7:00pm	
280076	DuFief ES	6/24	Th	7:00pm - 8:00pm	
280077	Poole, John MS	6/24	Th	7:00pm - 8:00pm	
280078	New Hamp Estates ES	6/24	Th	6:00pm - 7:00pm	
280079	New Hamp Estates ES	6/24	Th	7:00pm - 8:00pm	
280080	Bethesda ES	6/24	Th	7:00pm - 8:00pm	

Karate Do and laido

Ages 5-13: Discover a way to overcome your daily stress. laido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

8 Sessions		\$46
Instructor: Salvador Cortes		
279171 Kensington-Parkwood ES 6/22	Tu	7:00pm - 8:00pm

Karate/Jujitsu AdultsAges 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

7 Sessi	ons			\$51				
Instructor: Company Staff: TKA, Inc.								
280141	Upper County CC	6/21	Μ	8:00pm - 9:30pm				
280142	Wheaton CC	6/21	M	8:00pm - 9:30pm				
8 Sessi	ons			\$58				
Instruct	tor: Company Staff:	TKA, I	lnc.					
280143	Germantown CC	6/22	Tu	8:00pm - 9:30pm				
280144	Damascus CC	6/23	W	8:00pm - 9:30pm				
280145	Bauer Drive CC	6/23	W	8:00pm - 9:30pm				
280146	Clara Barton CC	6/23	W	8:00pm - 9:30pm				
280147	Potomac CC	6/23	W	8:00pm - 9:30pm				
280148	Watkins Mill ES	6/23	W	8:00pm - 9:30pm				
280149	Bethesda ES	6/24	Th	8:00pm - 9:30pm				
280150	Marilyn J. Praisner CC	6/24	Th	8:00pm - 9:30pm				
280151	DuFief ES	6/24	Th	8:00pm - 9:30pm				
280152	New Hamp Estates ES	6/24	Th	8:00pm - 9:30pm				

Karate/Jujitsu Club

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

8 Sessions			\$20
Instructor: Company Staff:	TKA, I	nc.	
280153 Holiday Park Snr Ctr	6/25	F	7:00am - 8:00pm

Karate/Jujitsu Club 2

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club specions

su action during Club sessions.		
8 Sessions		\$20
Instructor: Company Staff: TKA, I	nc.	
280154 Holiday Park Snr Ctr 6/25	F	8:00pm - 9:00pm

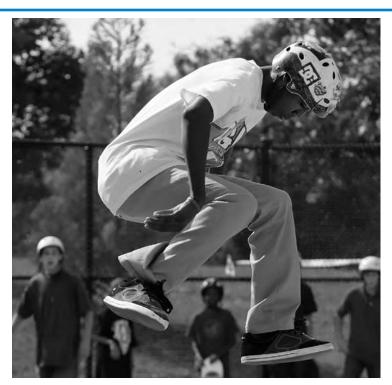
Internal Kung Fu of the Ancient Warriors

Ages 16 & Up: Want to develop the skills and power of a warrior, and the discipline and wisdom of a sage? Then come to this class inspired by traditional teaching of ancient Chinese Kung Fu masters. You will get rigorous body conditioning from the Shaolin animals, and forge the mind, body,

and energy into inner strength with Wudang internal arts. You will be able to practice real application with two person drills and self-defense methods. This class will have physical contact and feature a moderate to intensive workout. For more information contact

TCCII at info@tccii.com 6 Sessions Instructor: International, LLC Traditional Chinese 6/22 Tu 7:30pm - 8:30pm 11:00am -12:00pm

Coordinate your mind and body 6/26 Sa



Instructional Sports for Youth

Skateboarding Level I Mini Skater Dudes

Ages 6-8: Extreme Fun! This class is geared for the first time skater and young beginner. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Skaters can extend their fun by attending the 11:00 a.m. Skate Park's session just for them. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions \$42 Instructor: American In-Line Skating

278952 Olney Manor Skate Park 6/27 Su 10:30am -11:00am

Make a tax deductible donation to Friends of Recreation, and help support Department facilities or enable a needy child or teen to enjoy a positive recrea tion experience. Make your check

Montgomery County

payable to Montgomery Parks Foundation and indicate how you want your gift to be used.

Send to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at www.montgomerycountymd.gov/rec.

Skateboarding Level IAges 8-12: Extreme Fun! This class is great for the beginner. Learn to push, ride, tack turn, switch turn, ride fakie and a safe approach to ramps. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Instructor will work with various beginner levels. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

Classes: 240-777-6870

6 Sessions

Instructor: American In-Line Skating 278963 Olney Manor Skate Park 6/26

8:30am - 9:30am

Skateboarding Level II

Ages 9-12: Prerequisite: Level I or one year of skateboarding. Kids want air. Parents want down to earth instruction. Learn to ollie onto a grind box, drop in, stall grind, slide and more! Improve your flatland technique, ollie, kick flip and manual. Emphasis is on increasing confidence, riding within ones ability, and skate park etiquette. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions \$81 Instructor: American In-Line Skating 278964 Olney Manor Skatel Park 6/27 9:30am -10:30am

Skateboarding Level IGirls Learn to

Ages 9-12 Level I: Here's an opportunity for girls who want to skate or who want to improve their skills. We take the girl friendly approach in an environment suited for just for them! Learn to push, ride, tack turn, switch turn, ride fakie and a safe approach to ramps. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Bring a friend and double your fun. Class includes instruction and skateboard games. Instructor will work with various beginner levels. Required equipment: Skate board, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions \$81 Instructor: American In-Line Skating 278953 Olney Manor Skate Park 6/27 Su 8:30am - 9:30am



Instructional Sports for Adults

Classes: 240-777-6870

Badminton Little Beginners

Ages 6-8: Introduction. Get 'em started early in this wonderful lifetime sport. Emphasis on basic cordination of object, mind and body. \$5 material fee due to instructor.

5 Sessions \$39 Instructor: Gary Chao

280043 Potomac CC 7/10 Sa 5:00pm - 5:45pm



We Volleyball Specialty Clinics HIT

Ages 13&Up: Prepare your shoulder for an evening of work on the skill of hitting. Covers drills and demos on the different types of swing motion. Time will be spent on the serve as well as the hit.

1 Session \$25 Instructor: Volleyball Mid Atlantic

Instructor: Volleyball Mid Atlantic **Beginner**

 Beginner
 7/19
 M
 7:00pm - 9:00pm

 1ntermediate
 7/19
 M
 7:00pm - 9:00pm

 279165
 Hoover MS
 8/9
 M
 7:00pm - 9:00pm

Volleyball Specialty Clinics PASS

Ages 13&Up:The pass is the most important skill in the sport of volleyball and the skill you use most often. Perfect your pass, practice your serve and add another dimension to your attack of placing the ball where it gives your team the best advantage. On defense, discover new receiving and counter attack strategies. This is your opportunity to improve in three important areas of your game.

1 Session \$25 Instructor: Volleyball Mid Atlantic

Beginner

279166 Hoovert MS 6/28 M 7:00pm - 9:00pm **Intermediate** 279167 Hoover MS 7/26 M 7:00pm - 9:00pm

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

 8 Sessions

 Instructor: Gary Chao

 280041 Bauer Drive CC
 6/26 Sa
 9:30am -10:30am

 280172 Bauer Drive CC
 6/26 Sa
 12:45pm - 1:45pm

Badminton Intermediate

Ages 9&Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

 8 Sessions
 \$107

 Instructor: Gary Chao
 280042 Bauer Drive CC
 6/26 Sa 10:45am -12:45pm

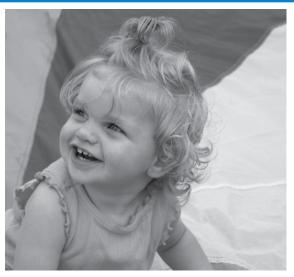
Volleyball Specialty Clinics SET

Ages 13&Up: There is still a 'touch' to skill of setting the ball. Work will be done on hand and body positioning. Time will also be spent on multiple paced sets used in advanced offensive situations. While you are perfecting your sets, you'll also be working on other importan skills.

1 Sessions \$25 Instructor: Volleyball Mid Atlantic Beginner

279168 Hoover MS 7/12 M 7:00pm - 9:00pm **Intermediate**279169 Hoover MS 8/2 M 7:00pm - 9:00pm





Tiny Tots

Tiny Hand Crafts Summer Fun

Ages 2-7: Come join us for a big 'handful' of crafts. Each class we'll create 3-4 incredible crafts and the cool opportunity to experience new textures, to explore, to play and socialize. Please bring a smock and a box to transport the crafts. \$22 material fee due to the instructor. Parent participation required.

o sessions			744
Instructor: Tiny Hands			
279993 Germantown CC	6/29	Tu	10:00am -10:45am
279994 Germantown CC	6/29	Tu	11:00am -11:45am
279995 Potomac CC	6/30	W	10:00am -10:45am
279996 Potomac CC	6/30	W	11:00am -11:45am

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$15 material fee due to instructor.

5 565516115				ΨΟΟ
Instructor: Music for Life				
200404 II C + CC	(1))	14/	0.15 10.0	

280104 Upper County CC 6/23 W 9:15am -10:00am

Discovering Music for Toddlers

5 Sessions

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 8-12 months, call 240-777-6870. Adult participation required. \$15 material fee due to instructor.

5 Sessi	ons			\$60
Instruc	tor: Music for Life			
280095	Wheaton Regional Lib	6/21	M	11:15am -12:00pm
280098	Upper County CC	6/23	W	10:15am -11:00am
280099	Upper County CC	6/23	W	11:15am -12:00pm
280100	Jane E. Lawton CC	6/24	Th	10:15am -11:00am
280101	Jane E. Lawton CC	6/24	Th	11:15am -12:00pm
280102	Potomac CC	6/25	F	5:30pm - 6:15pm

Exploring Music & Piano Prep

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Full parent participation and attention is required. \$15 material fee due to instructor.

Classes: 240-777-6870

5 Sessi	ons			\$77
Instruct	tor: Music for Life			
280105	Wheaton Regional Lib	6/21	M	12:15pm - 1:15pm
280108	Potomac CC	6/25	F	4:15pm - 5:15pm
280106	Golden School of Music	6/29	Tu	5:00pm - 6:00pm
280107	Golden School of Music	6/30	W	5:00pm - 6:00pm
	280105 280108 280106	280108 Potomac CC 280106 Golden School of Music	Instructor: Music for Life 280105 Wheaton Regional Lib 6/21	Instructor: Music for Life 280105 Wheaton Regional Lib 6/21 M 280108 Potomac CC 6/25 F 280106 Golden School of Music 6/29 Tu

6 Soccione

Young Musicians 18 months - 35 months and 3 years - 5 years: Children develop an understanding of rhythm through creative movements such as clapping, marching, dancing, and through musical activities such as singing. Children will explore the underlying beat as they listen to different styles of music and use simple instruments such as rhythm sticks, shakers, and drums. Parent participation is required.

0 363310113			\$30
Instructor: Joan M Moeltn	er		
Ages: 18-35 months			
280117 Damascus CC	6/22	Tu	10:00am -10:30am
6 Sessions			\$75
Ages: 3-5			
280118 Damascus CC	6/22	Tu	10:30am -11:15am

Music Together - Montgomery

Ages 0-5: A fun, interactive family music experience which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and free expressive dance. Adults discover their power as role model for their children just by having fun making music themselves, regardless of their musical ability. Each child is free to participate at their own level in this mixed-age, developmentally appropriate setting. Price is per child. \$32 material fee per family due to instructor. For more information, go to www. musictogethermontgomery.com or call the instructor at 301-879-6988.

6 Sessions			\$100
Instructor: Nancy Nuttle			
280110 Whtn-Claridge Loc Pk	6/24	Th	10:00am -10:45am

Gymnastics Tumbling Format

Ages 3-6 Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessi	ons			\$68
Instruc	tor: Denise Schatten	berg		
280119	Upper County CC	6/21	M	11:00am -11:45am
280120	QO Valley Neighbo Pk	6/21	Μ	12:45pm - 1:30pm

Dance for Fun

\$60

Ages 3-5 year: This program combines ballet, jazz, modern, and a bit of rock to explore areas of dance for fun! For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions		\$68
Instructor: Denise Schattenberg		
280178 QO Valley Neighbor Pk 6/21	Μ	1:30pm - 2:15pm



Funfit ®

Classes: 240-777-6870

A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Price includes all materials. Adult participation required!

Ages: 1				
6 Sessi				\$66
	tor: Funfit			
279997	Jane E. Lawton CC	6/21	М	9:30am -10:15am
279999	Potomac CC	6/21	M	4:00pm - 4:45pm
280001	Gwendolyn Coffield CC	6/22	Tu	10:15am -11:00am
280002	Marilyn J. Praisner CC	6/22	Tu	10:15am -11:00am
280003	QO Valley Nghbd Park	6/22	Tu	4:00pm - 4:45pm
280004	Potomac CC	6/23	W	9:30am -10:15am
280005	Potomac CC	6/23	W	10:15am -11:00am
280006	Damascus CC	6/23	W	9:30am -10:15am
280007	Germantown CC	6/24	Th	4:00pm - 4:45pm
280008	Wheaton CC	6/24	Th	9:30am -10:15am
280009	Potomac CC	6/25	F	10:15am -11:00am
Ages 2	-3			
6 Sessi				\$66
Instruc	tor: Funfit			
280019	Jane E. Lawton CC	6/21	M	11:00am -11:45am
280022	Gwendolyn Coffield CC	6/22	Tu	11:00am -11:45am
280023	Potomac CC	6/23	W	11:00am -11:45am
280024	Damascus CC	6/23	W	10:15am -11:00am
280025	Wheaton CC	C/24		
200023	Wilcaton CC	6/24	Th	10:15am -11:00am
280026	Potomac CC	6/24	Th F	10:15am -11:00am 11:00am -11:45am
280026				
280026	Potomac CC 8 months - 4 years			
280026 Ages 1 6 Sessi	Potomac CC 8 months - 4 years			11:00am -11:45am
280026 Ages 1 6 Sessi	Potomac CC 8 months - 4 years ons			11:00am -11:45am
280026 Ages 16 6 Session Instruction	Potomac CC 8 months - 4 years ons tor: Funfit	6/25	F	11:00am -11:45am \$66
280026 Ages 16 6 Session Instruct 280045	Potomac CC 8 months - 4 years ons tor: Funfit Jane E. Lawton CC	6/25	F	11:00am -11:45am \$66 10:15am -11:00am
280026 Ages 1 6 Sessi Instruct 280045 280046	Potomac CC B months - 4 years ons tor: Funfit Jane E. Lawton CC Marilyn J. Praisner CC	6/25 6/21 6/22	F M Tu	11:00am -11:45am \$66 10:15am -11:00am 11:00am -11:45am
280026 Ages 1 6 Sessi Instruct 280045 280046 280048	Potomac CC 8 months - 4 years ons tor: Funfit Jane E. Lawton CC Marilyn J. Praisner CC QO Valley Ngbd Park	6/25 6/21 6/22 6/22	F M Tu Tu	11:00am -11:45am \$66 10:15am -11:00am 11:00am -11:45am 4:45pm - 5:30pm

FUNky Monkey

Ages: 3-5years: Action packed and full of fun, kids will recieve a heart-healthy workout without even knowing it! With loads of age-appropriate, noncompetitive active games, such as tag, stick hockey, ball play, parachute and more, kids learn to play by game rules, follow simple instruction, advance coordination, muscle tone and function, socialization, and cognitive development. Keep them growing strong and confident with Funfit! Parents welcome, but not required.

6 Sessions Instructor: Funfit			\$66
280090 Damascus CC	6/23	W	11:00am -11:45am
280091 Potomac CC	6/25	F	9:30am -10:15am



Wee Wanna Be Summer

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Boys and girls will be introduced to, soccer, football, kick ball, agility training, t-ball, and other sports through supervised, noncompetetive play sessions. Each child can participate at his/her own pace. Adult participation required. Note: Classes will be held outdoors. Classes may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. Price includes all materials. For inclement weather cancellations and other information please call 301-983-2690. For more information go to ctikids.com.

5 Sessi	ons		_	\$55	
Instructor: CTI - Coach Doug					
280086	Oakland Terrace ES	6/26	Sa	9:30am -10:15am	
280087	Oakland Terrace ES	6/26	Sa	10:15am -11:00am	

Coach Doug's Summer Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports include: soccer, lacrosse and more! Price includes all materials.

5 Sessions			\$55
Instructor: CTI - Coach D	oug		
280088 Oakland Terrace ES	6/26	Sa	11:00am -11:45am

Coach Doug to Advance Soccer Ages 3-6: COACH DOUG ALL THE TIME IN EVERY CLASS!! Kick it off with soccer instruction the Coach Doug way; fundamental sport skills in a fun and friendly environment with emphasiss on building self confidence and teamwork. We'll cover skill development, soccer rules and playing strageties. Price includes all materials. Price is per child. Call 301-983-2690 for more info.

5 Sessions			\$ 55
Instructor: CTI - Coach D	oug		
280089 Oakland Terrace ES	6/26	Sa	11:45am -12:30pm





Xciting Xtras

Chess-BeginnerAges 5 & Up: Chess has been shown benefits of enhancement of math and reading skills in children grades K-12. Class will focus on fundamentals: the pieces, how they move, and their value. The first half of each class exposes students to the foundation theory of chess. The second half, students apply their newly acquired knowledge in playing with their classmates.

3 Sessions

Instructor: Arkadiy Frenkel

280241 Potomac CC 7/10 Sa 10:00am -11:00am 280242 Potomac CC 7/10 Sa 11:00am -12:00pm



Classes: 240-777-6870

The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.



Puppy Kindergarten
Ages: Trainer 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes. Puppies will participate in the AKC STAR (Socialization, Training, Activity, Responsibility) program which is a positive training program for dog loving owner to help their puppies have a positive training

experience! Each dog do must have rabies and recommended veterinarian vaccinations. Please bring a copy of records to the first class.

6 Sessions

\$60.00

Instructor: Laura Totis

281041 Germantown CC 6/12 Sa 9:30am-10:30am

Ages: Trainer 12&Up/Dogs 5 months&Up: :For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students Will need to practice outside class for best results. All work on lead. No retractable leashes. Each dog do must have rabies and recommended veterinarian vaccinations. Please bring a copy of records to the first class. \$60.00

6 Sessions Instructor: Laura Totis

281042 Germantown CC 6/12 Sa 10:30am-11:30pm **Sniffer Dog Sports**

Introduces the foundation skills to play Snifferdog Sport, a recreational treasure hunt game for owners and their dogs to locate hidden articles. The class teaches the people how to teach detection skills to their dogs and to the game of snifferdog sport. For more information on snifferdog sport can be found at www.snifferdogsport.com. Each dog do must have rabies and recommended veterinarian vaccinations. Please bring a copy of records to the first class.

4 Sessions

\$50

Instructor: Laura Totis 281043 Germantown CC

6/12 Sa 11:30am -12:30pm

Sniffer Dog PlayDay Event

Sniffer Dogs PlayDay is an afternoon of fun for the dogs and their owners! Register for this exciting treasure hunt! The event is opened to all dogs that are trained sniffers. All dogs must have rabies and veterinarian recommended vaccinations. Please bring a copy of the paperwork to the event!

1 Session

\$10

Instructor: Laura Totis 281092 Germantown CC 281093 MCRD Offices

7/24 11:30am -12:30pm 8/7 11:30am -12:30pm

"Who let the dogs out?"



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Camps & Programs MiniGuide

Do you have summer plans for your child yet?

Our summer activities are a perfect fit for your busy summer season. We have a variety of half-day and full-day camps in one-week or two-week sessions. This special Camps & Programs section contains a listing of the great summer experiences we offer for your child.

For complete details about our Summer Camp Programs, including complete extended care and bus transportation options, you can: view or download a copy from our website at www.montgomerycountymd.gov/rec. Or you can pick up a copy of our Summer Camps and Programs Brochure at any Recreation facility or library.

Little People Centers

Ages 4-5

A first taste of Camp with games, crafts, stories and sing-alongs.

Bauer Drive CC

269340 6/21-7/1 269341 7/6-7/19	9:00 am- 1:00 pm	
269342 7/19-7/30	9:00 am- 1:00 pm 9:00 am- 1:00 pm	
269343 8/2-8/6	9:00 am- 1:00 pm	\$95

Beverly Farms ES

269344 6/21-7/1	9:00 am- 1:00 pm	\$190
269345 7/6-7/16	9:00 am- 1:00 pm	\$171
269346 7/19-7/3	0 9:00 am- 1:00 pm	\$190

DuFief ES

269347 6/21-7/2

	0.00 0 mm	7 - 0 0
Lawton CC		
269350 6/21-7/1	9:00 am- 1:00 pm	\$190
269351 7/6-7/19	9:00 am- 1:00 pm	\$171
269352 7/19-7/30	9:00 am- 1:00 pm	\$190
269353 8/2-8/6	9:00 am- 1:00 pm	\$95

9:00 am- 1:00 pm \$190

Little Bennett ES

269354 6/21-7/2	9:00 am- 1:00 pm	\$190
269355 7/6-7/16	9:00 am- 1:00 pm	\$171
269356 7/19-7/30	9:00 am- 1:00 pm	

Longwood CC

269357 6/21-7/2	9:00 am- 1:00 pm	\$190
269358 7/6-7/16	9:00 am- 1:00 pm	\$171
269359 7/19-7/30	9:00 am- 1:00 pm	\$190
269360 8/2-8/6	9:00 am- 1:00 pm	\$95

Matsunaga ES

269362 7/6-7/19	9:00 am- 1:00 pm	\$171
269363 7/19-7/30	9:00 am- 1:00 pm	

RecWeb... easy, fast, secure!

montgomerycountymd.gov/rec

Tiny Tot Programs

Funfit® Summer Adventure Camp

Ages 3-5

Sign up for the adventure. with a new theme every week.

Capital View-Homewood LP

268783 6/21-6/2! 268784 6/28-7/2 268785 7/6-7/9 268786 7/12-7/10 268787 7/19-7/2! 268788 7/26-7/30 268789 8/2-8/6	9:30 am-12:00 pm 9:30 am-12:00 pm 6 9:30 am-12:00 pm 8 9:30 am-12:00 pm 9:30 am-12:00 pm	\$145 \$115 \$145 \$145 \$145
	9:30 am-12:00 pm 9:30 am-12:00 pm	\$145

Quince Orchard Valley NP

268791	6/28-7/2	9:30 am-12:00 pm	\$145
268792	7/6-7/9	9:30 am-12:00 pm	\$115
268793	7/12-7/16	9:30 am-12:00 pm	\$145
268794	7/19-7/23	9:30 am-12:00 pm	\$140

Wisconsin Place CC

268795	6/21-6/25	9:30 am-12:00 pm	\$145
268796	7/26-7/30	9:30 am-12:00 pm	\$145
268797	8/2-8/6	9:30 am-12:00 pm	\$145
268798	8/9-8/13	9:30 am-12:00 pm	\$145

Mini Music Makers

Ages 3-5

Discover and explore musical aspects and concepts.

Golden School of Music

268801 6/21-7/7	9:30 am-11:30 am	\$125
268802 7/12-7/28	9:30 am-11:30 am	\$150

Golden School of Music

268803 6/22-7	/8 9:30 am-11:30 am	\$150
268804 7/13-7	/29 9:30 am-11:30 am	\$150

Mini Musical Notions N' Motions Summer

Ages 3-5

Explore musical aspects and concepts. \$10 material fee.

Golden School of Music

267530 8/2-8/13 9:00 am-12:00 pm \$195

Challenger Jr.

Ages 3-5

Combines activities of Challenger Space & Rocketry and with the non-competitive Sports/Fitness..

Potomac ES

269223	6/21-6/25	9:00 am-12:00 pm	\$98
269224	6/28-7/2	9:00 am-12:00 pm	\$98
269225	7/6-7/9	9:00 am-12:00 pm	\$78
269226	7/12-7/16	9:00 am-12:00 pm	\$98
269227	7/19-7/23	9:00 am-12:00 pm	\$98
269228	7/26-7/30	9:00 am-12:00 pm	\$98
269229	8/2-8/6	9:00 am-12:00 pm	\$98

Clara BartonCC

269230 8/9-8/13 9:00 am-12:00 pm \$98

Challenger Sports British Soccer - First Kicks

Ages 3-4

Falls Road LP

269440 6/14-6/18 269443 7/19-7/23	9:00 am-10:00 am 9:00 am-10:00 am	\$75 \$75
Kings LP		
269441 6/21-6/25	9:00 am-10:00 am	\$66
269444 7/26-7/30	9:00 am-10:00 am	\$66

Farquhara MS

269442 7/6-7/9 9:00	am-10:00 am \$	60
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UK Elite Soccer Summer Petite

Ages 3-4

Wood Acres ES

269518 6/21-6/25 10:30 am-12:00 pm \$120

Resnik ES

269515 6/21-6/25 9:00 am-10:30 am \$120 269516 6/21-6/25 10:30 am-12:00 pm \$120

Darnestown LP

269521 7/6-7/9 9:00 am-10:30 am \$95 269522 7/6-7/9 10:30 am-12:00 pm \$95

Seven Locks LP

269523 7/12-7/16 9:00 am-10:30 am \$120 269524 7/12-7/16 10:30 am-12:00 pm \$120

Wood Acres ES

239530 7/27-7/31 9:00am-10:30am \$120 239531 7/27-7/31 10:45am-12:15pm \$120

Greenwood ES

269527 8/2-8/6 9:00 am-10:30 am \$120 269529 8/2-8/6 10:30 am-12:00 pm \$120

Gwendolyn Coffield CC

269530 8/9-8/13 9:00 am-10:30 am \$120 269531 8/9-8/13 10:30 am-12:00 pm \$120

Cloverly ES

269519 6/28-7/2 9:00 am-10:30 am \$120 269520 6/28-7/2 10:30 am-12:00 pm \$120

MCRD Offices

269532 8/16-8/20 9:00 am-10:30 am \$120 269533 8/16-8/20 10:30 am-12:00 pm \$120

Young Rembrandts - Under the Sea

Ages 4-5

Let's go for a swim!

Wisconsin Place CC

269037 6/28-7/2 9:00 am-12:00 pm \$175

Young Rembrandts - Planes, Trains, and Automobiles

Ages 4-5

Driving can be fun at any age!

Wisconsin Place CC

269038 7/6-7/9 9:00 am-12:00 pm \$140

Young Rembrandts - Zoo Animals

Ages 4-5

'Lions and tigers and bears - OH My!'

Wisconsin Place CC

269039 7/12-7/16 9:00 am-12:00 pm \$175

Imagination Camps

Arrowhead

Ages 5-8

Let Arrowhead point the way to your summer camp fun.

Pyle MS

269488 6/21-7/2 9:00 am- 3:30 pm \$285 269489 7/6-7/16 9:00 am- 3:30 pm \$257 269490 7/19-7/30 9:00 am- 3:30 pm \$285 269491 8/2-8/6 9:00 am- 3:30 pm \$143

Big Woods

Ages 5-8

Big Woods means BIG fun. There's a great experience behind every tree.

Shady Grove MS

269743 6/21-7/2 9:00 am- 3:30 pm \$285 269744 7/6-7/16 9:00 am- 3:30 pm \$257 269745 7/19-7/30 9:00 am- 3:30 pm \$285 269746 8/2-8/6 9:00 am- 3:30 pm \$143

Breezy Hollow

Ages 5-8

Have cool summer fun in Breezy Hollow; a special place for a special time.

Bells Mill ES

269484 6/21-7/2 9:00 am- 3:30 pm \$285 269485 7/6-7/16 9:00 am- 3:30 pm \$257 269486 7/19-7/30 9:00 am- 3:30 pm \$285 269487 8/2-8/6 9:00 am- 3:30 pm \$143

Little Creek

Ages 5-8

The fun 'flows' at Little Creek. Jump into the endless stream of exciting activities.

DuFief ES

269747 6/21-7/2 9:00 am- 3:30 pm \$285 269750 8/2-8/6 9:00 am- 3:30 pm \$143

Patowmack

Ages 5-8

An historical name means a 'river' of fun. Come ride the rapids of creative activities.

Potomac CC

269501 6/21-7/2 9:00 am- 3:30 pm \$285 269502 7/6-7/16 9:00 am- 3:30 pm \$257 269503 7/19-7/30 9:00 am- 3:30 pm \$285 269504 8/2-8/6 9:00 am- 3:30 pm \$143

Woodland

Ages 5-8

A land of creative fun, friendships, imagination and play

Longwood CC

269728 7/19-7/30 9:00 am- 3:30 pm \$285 269729 8/2-8/6 9:00 am- 3:30 pm \$143

Outdoor Nature Camps

Explorer

Ages 9-13

Activities include creek walks, hiking, and canoeing, games and crafts.

Tilden Woods LP

269396 6/21-7/2	9:00 am- 3:30 pm	\$305
269397 7/6-7/16	9:00 am- 3:30 pm	
269398 7/19-7/30	9:00 am- 3:30 pm	\$305
269399 8/2-8/6	9:00 am- 3:30 pm	

Hidden Spring

Ages 9-13

Develop outdoor skills and enjoy onsite canoeing.

Rock Creek RP

269411	6/21-7/2	9:00 am- 3:30 pm	\$305
269412	7/6-7/16	9:00 am- 3:30 pm	\$275
269413	7/19-7/30	9:00 am- 3:30 pm	\$305
269414	8/2-8/6	9:00 am- 3:30 pm	\$153

Seneca Creek

Ages 9-13

Hiking, canoeing, nature exploration, crafts, camp games and a field trip each session – plus an overnight experience the first three sessions.

Camp Seneca LP

269402 7/19-7/30 9:00 am- 3:30 pm \$305 269403 8/2-8/6 9:00 am- 3:30 pm \$153

Seneca Creek 8th Week Extended Camp

Ages 9-13

This extended camp is only offered to the participants of the Seneca Creek Camp (Course # 238798).

Camp Seneca LP

269410 8/9-8/13 3:30 pm-6:00 pm \$45

Dance, Music & ${f Performing}\, {\it A}$

Imagine Dance Camp

Ages 4-7

Sparks joy and creativity as campers use nature, art, music, poetry and stories as inspiration for dance.

Shady GroveMS

268873 6/28-7/2 9:00 am-12:00 pm \$138

Takoma Park ES 268875 7/19-9:00 am-12:00 pm \$138

Top Hats Summer Tap

Ages 5-6

Daily instructional mini dance classes, arts and crafts and outside play.

Wisconsin Place CC

269406 6/21-6/25 9:00 am- 4:00 pm \$248

Jazz Tap Performance Dance Workshop I

Ages 6 -7

Creative expression and character dancing in performance skills.

Lawton CC

269408 8/9-8/13 9:00 am- 4:00 pm \$248

Ultimate Summer Dance Camp

Ages 6 -12

From Hip-Hop, all the way to break dance, poms, and High School Musical.

North Bethesda MS

269421 7/6-7/9 9:30 am- 3:30 pm \$228

Studio 310

9:30 am- 3:30 pm	\$285
9:30 am- 3:30 pm	\$228
9:30 am- 3:30 pm	\$285
	9:30 am- 3:30 pm 9:30 am- 3:30 pm 9:30 am- 3:30 pm

Pom Dancing

Ages 8 - 14

Learn exciting choreographed dance routines

Hoover, Herbert MS

269439 7/6-7/9 9:30 am- 3:30 pm \$228 Studio 310

269437 7/12-7/16 9:30 am- 3:30 pm \$285 269438 7/26-7/30 9:30 am- 3:30 pm \$285

Around the World with Music

Ages 5-7

Explore the colorful diversity of the world's cultures!

International School of Music 269825 6/21-6/25 9:00 am- 1:00 pm \$260

Musical Notions N' Motions

Ages 5-12

Spend your summer in musical bliss and discover just how many fun and exciting activities you can tune into! \$20 material fee.

Golden School of Music

267526	6/21-7/2	9:00 am- 3:30 pm	\$305
267527	7/6-7/16	9:00 am- 3:30 pm	\$275
267528	7/19-7/30	9:00 am- 3:30 pm	\$305
267529	8/2-8/13	9:00 am- 3:30 pm	\$305

Instrument Safari

Ages 6-12

Music has a wild side and we are going to find it!

International School of Music 269826 7/19-7/23 9:00 am- 1:00 pm \$315

Magical Musical Theater

Ages 7-12

Explore the creativity and camaraderie of the ensemble spirit while developing individual creative talent.

International School of Music

269827 8/2-8/13 9:30 am- 3:00 pm \$450



Act It Out!

Ages 6 to 11

Learn improvisational theater techniques in combination with the fine arts of drawing, painting and coloring.

Lawton CC

268919 8/16-8/20 9:00 am- 3:00 pm \$250

Norbeck-Muncaster Mill NP

268912 6/28-7/2 9:00 am- 3:00 pm \$250 268916 7/26-7/30 9:00 am- 3:00 pm \$250

North Bethesda MS

9:00 am- 3:00 pm \$200 268913 7/6-7/9

Rock Creek Valley ES

268911 6/21-6/25 9:00 am- 3:00 pm \$250 Wayside ES

268914 7/12-7/16 9:00 am- 3:00 pm \$250 268917 8/2-8/6 9:00 am- 3:00 pm \$250

Wisconsin Place CC

9:00 am- 3:00 pm \$250 268915 7/19-7/23 268918 8/9-8/13 9:00 am- 3:00 pm \$250

The Summer Stock

Ages 13-17:

Calling all who love to sing, dance and act, for a fun fore into the world of musical theater.

International School of Music

269829 8/16-8/20 9:30 am- 3:00 pm \$450

Theatrical Teens!

Ages 12-17

Learn improvisation theater techniques, engage in art projects, and write our own sketches.

Lawton CC

268940 8/16-8/20 9:00 am- 3:00 pm \$250

Norbeck-Muncaster Mill NP

268933 6/28-7/2 9:00 am- 3:00 pm \$250 268937 7/26-7/30 9:00 am- 3:00 pm \$250

North Bethesda MS

268934 7/6-7/9 9:00 am- 3:00 pm \$200

Rock Creek Valley ES

268932 6/21-6/25 9:00 am- 3:00 pm \$250

Wayside ES

268935 7/12-7/16 9:00 am- 3:00 pm \$250 268938 8/2-8/6 9:00 am- 3:00 pm \$250

Wisconsin Place CC

268936 7/19-7/23 9:00 am- 3:00 pm \$250

Art Mini Camps

All in Spanish, Little Linguists Mexico!

Ages 5-10:

Create your own mask, pinata, sombre-ro, maracas and much more!

Norwood LP

268173 6/21-6/25 8:45 am- 3:30 pm \$240

All in Spanish, Little Linguists Spain!

Ages 5-10

Explore famous Spanish artists, create a Spanish carnival, dance flamenco, play traditional games, and have a traditional Spanish celebration.

Norwood LP

268276 6/28-7/2 8:45 am- 3:30 pm \$240

Camp Art in the Park

Ages 5-10

Create lots of cool artwork inspired by the great outdoors .

Norwood LP

268277 7/6-7/9 8:45 am- 3:30 pm \$190

Norwood Extra Fun Camp

Ages 5-10:

Each day's activities are different.

Norwood LP

268331 6/21-6/25	3:30 pm- 6:00 pm	\$85
268332 6/28-7/2	3:30 pm- 6:00 pm	\$85
268333 7/6-7/9	3:30 pm- 6:00 pm	\$69

Animals -by Air, Land & Water

Ages 6-12

Enjoy a medley of birds, zoo animals, and underwater creatures as you master multi-media!

Wisconsin Place CC

268373 6/28-7/2 9:00 am- 3:30 pm \$260

Wow! Comic Book Cartooning

Ages 6-12

Learn to draw your won comic book super hero as well as Anime style heroes.

Wisconsin Place CC

268374 7/6-7/9 9:00 am- 3:30 pm \$220

Going Places with Young Remembrandts

Ages 6-12

Explore the exciting lands and many animals that inhabit Africa and the land of Down Under by drawing various types of vehicles and animals.

Wisconsin Place CC

268475 7/12-7/16 9:00 am- 3:30 pm \$260

Pastel Drawing Magnificent Masters

Ages 6-12

Create three original pastel drawings replicating a famous artist's master-piece.

Wisconsin Place CC

268476 7/12-7/14 3:35 pm- 5:10 pm \$65

Australian Adventures

Ages 6-12

Try different techniques and media as you explore Australia.

Bauer Drive CC

268478 7/12-7/14 3:35 pm- 5:10 pm \$65

Space Camp

Ages 6-12

Explore the universe while working in three different mediums.

Bauer Drive CC

268479 7/19-7/21 3:35 pm-5:10 pm \$65

Art Destinations Specialty Camp

Ages 8-15

Come to the magical world of Art Destination, where you can experience art through fun and creative ways.

Kingsview MS

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268129	6/21-6/25	9:00 am- 3:30 pm	\$230
268130	6/28-7/2	9:00 am- 3:30 pm	\$230
268131	7/6-7/9	9:00 am- 3:30 pm	\$184
268132	7/12-7/16	9:00 am- 3:30 pm	\$230
268133	7/19-7/23	9:00 am- 3:30 pm	\$230

Wood MS

268123 6/21-6/25	9:00 am- 3:30 pm	\$230
268124 6/28-7/2	9:00 am- 3:30 pm	\$230
268125 7/6-7/9	9:00 am- 3:30 pm	\$184
268126 7/12-7/16	9:00 am- 3:30 pm	\$230
268127 7/19-7/23	9:00 am- 3:30 pm	\$230
268128 7/26-7/30	9:00 am- 3:30 pm	\$230

Pages of Phrases Portrayed

Ages 8-13

Explore the work of famous poets, illustrate the imagery through your interpretation. Make the paper, design the cover, illustrate and bind your book!

Cashell ES

268575 7/6-7/9 9:00 am-12:15 pm \$96 268576 7/12-7/16 9:00 am-12:15 pm \$120

Greenwood ES

268573 6/21-6/25 9:00 am-12:15 pm \$120 268574 6/28-7/2 9:00 am-12:15 pm \$120

North Bethesda MS

268577 7/19-7/23 9:00 am-12:15 pm \$120 268578 7/26-7/30 9:00 am-12:15 pm \$120

Legends, Myths and Folklore from Around the World..

Ages 8-13

Discover magical tales from all over the world that have lessons in friendship, sharing and fairness.

Cashell ES

269698 7/6-7/9 12:15 pm- 3:30 pm \$96 269699 7/12-7/16 12:15 pm- 3:30 pm \$120

Greenwood ES

269684 6/21-6/25 12:15 pm- 3:30 pm \$120 269697 6/28-7/2 12:15 pm- 3:30 pm \$120

North Bethesda MS

269700 7/19-7/23 12:15 pm- 3:30 pm \$120 269718 7/26-7/30 12:15 pm- 3:30 pm \$120



Art & Drama Camps

Art Expressions

Ages 6 to 8

Challenge your camper's creativity through daily art & craft projects.

Beverly Farms ES

269328 6/21-7/2	9:00 am- 3:30 pm	\$285
269329 7/6-7/16	9:00 am- 3:30 pm	
269330 7/19-7/30	9:00 am- 3:30 pm	
269331 8/2-8/6	9:00 am- 3:30 pm	

Young Artist

Ages 6 to 8

Challenge your camper's creativity through daily art & craft projects.

Kingsview MS

269685 6/21-7/2	9:00 am- 3:30 pm	\$285
269694 7/6-7/16	9:00 am- 3:30 pm	\$257
269695 7/19-7/30	9:00 am- 3:30 pm	\$285
269696 8/2-8/6	9:00 am- 3:30 pm	\$143

Break-into-Broadway

Ages 6 to 8

Wannabe 'showbiz' kids get the chance to develop their talents through dance, movement, music, skits and more.

Rocky Hill MS

269364 6/21-7/2	9:00 am- 3:30 pm	\$285
269365 7/6-7/16	9:00 am- 3:30 pm	
269366 7/19-7/30	9:00 am- 3:30 pm	\$285
269367 8/2-8/6	9:00 am- 3:30 pm	\$143

Center Stage

Ages 9 to 12

Experience theatre production that goes through the many stages of planning and producing a real stage production.

Bells Mill ES

269336 6	/21-7/16	9:00 am-	3:30 pn	n \$570
269337 7		9:00 am-		

Creative Theatre

Ages 9 to 12

Experience theatre production that goes through the many stages of planning and producing a real stage production.

Kingsview MS

269338 6/21-7/16	9:00 am- 3:30 pm	\$570
269339 7/19-8/6		\$450

Sports Camps

Bobcat

Ages 5-8

Bobcats are on the prowl! so let the fur fly as you shoot and score your summer fun! .

Bauer Drive CC

269547 6/21-7/2	9:00 am- 3:30 pm	\$285
269548 7/6-7/16	9:00 am- 3:30 pm	\$257
269549 7/19-7/30	9:00 am- 3:30 pm	\$285
269550 8/2-8/6	9:00 am- 3:30 pm	\$143

Little Terps

Ages 5-8

Be a champion of sports fun with the winning team at Little Terps!

White Oak MS

269676 6/21-7/2	9:00 am- 3:30 pm	\$285
269677 7/6-7/16	9:00 am- 3:30 pm	
269678 7/19-7/30	9:00 am- 3:30 pm	\$285
269679 8/2-8/6	9:00 am- 3:30 pm	\$143

Microstars

Ages 5-8:

Sports may include soccer, basketball, gym hockey, T-ball, softball, games, special events, and contests.

Germantown CC

269380 6/21-7/2	9:00 am- 3:30 pm	\$285
269382 7/19-7/30	9:00 am- 3:30 pm	\$285
269383 8/2-8/6	9:00 am- 3:30 pm	

Sports Etc.

Ages 5-8:

We've got your games, drills, contests, races, and relays. Sports Etc...The best recipe for summer Fun!

Potomac ES

269368 6/21-7/2	9:00 am- 3:30 pm	\$285
269369 7/6-7/16	9:00 am- 3:30 pm	\$257
269370 7/19-7/30	9:00 am- 3:30 pm	\$285
269371 8/2-8/6	9:00 am- 3:30 pm	\$143

All Stars

Ages 8 -12

Play hard. Find the fun. Shine like a Star. Everyone's a winner at All Stars.

DuFief ES

269705 6/21-7/2	9:00 am- 3:30 pm	\$285
269706 7/6-7/16	9:00 am- 3:30 pm	\$257
269708 8/2-8/6	9:00 am- 3:30 pm	\$143

Big Terps

Ages 8 -12

Step up your game and your fun at Big Terps territory. Let us 'dominate' your summer.

White Oak MS

269680	6/21-7/2	9:00 am- 3:30 pm	\$285
269681	7/6-7/16	9:00 am- 3:30 pm	\$257
269682	7/19-7/30	9:00 am- 3:30 pm	\$285
269683	8/2-8/6	9:00 am- 3:30 pm	\$143

Sports Express

Ages 8 -12

The fast way to sports excitement - from street hockey to soccer - it's a great ride. Climb aboard the 'Express'.

Wood MS

269739 6/21-7/2	9:00 am- 3:30 pm	\$285
269740 7/6-7/19	9:00 am- 3:30 pm	\$257
269741 7/19-7/30	0 9:00 am- 3:30 pm	\$285
269742 8/2-8/6	9:00 am- 3:30 pm	\$143

Sports Unlimited

Ages 8 to 12

There is no end to the friendships, fitness and fun. Umlimited - be a part of it!

Pyle MS

269701 6/21-7/2	9:00 am- 3:30 pm	\$285
269702 7/6-7/16	9:00 am- 3:30 pm	\$257
269703 7/19-7/30	9:00 am- 3:30 pm	\$285
269704 8/2-8/6	9:00 am- 3:30 pm	\$143

Sportzone

Ages 8-12

The 'Zone - a tradition of athletes, a history of fun. Put your name in the record book this summer.

Rocky Hill MS

269505 6/21-7/2	9:00 am- 3:30 pm	\$285
269506 7/6-7/16	9:00 am- 3:30 pm	\$257
269507 7/19-7/30	9:00 am- 3:30 pm	\$285
269508 8/2-8/6	9:00 am- 3:30 pm	

Third Ouarter

Ages 8-12

Time to turn it up with a winning game plan for fun.

Potomac CC

269457 6/21-7/2 269458 7/6-7/16	9:00 am- 3:30 pm 9:00 am- 3:30 pm	\$285 \$257
269459 7/19-7/30		\$285
269460 8/2-8/6	9:00 am- 3:30 pm	\$143

Don't forget to visit our website at <u>montgomerycountymd.gov/rec</u> for complete details on summer camps and programs or call our Camps Team at 240-777-6870 for additional information.

Shooting Stars Basketball Camp

Ages 8 -12

Includes basketball drills and skillbuilding games aimed at developing and improving skills, teamwork and sportsmanship.

Shady Grove MS

269551 6/21-7/2 9:00 am- 3:30 pm \$285 269552 7/6-7/16 9:00 am- 3:30 pm \$257

Instructional Sports Clinics

Baton, Cheerleading, and Poms for Summer

Ages 7-11

Choreographed routines to contemporary music enhance poise and develop confidence.

Kingsview MS

268325 7/26-7/30 9:00 am- 3:30 pm \$145

Germantown CC

268327 8/9-8/13 9:00 am- 3:00 pm \$140

Karate Clinics

Ages 6-12

Tang Soo Do style Korean karate and jujitsu instruction for all ability levels

Loiederman MS

267523 6/21-6/24 9:00 am-11:30 am \$51 267524 6/28-7/1 9:00 am-11:30 am \$51

Volleyball Clinics Mid-Atlantic

Ages 11-14

This clinic enhances individual skills, prepares players for high school competition, and develops a greater enjoyment of this lifetime sport.

Gaithersburg MS

268523 6/28-7/2 9:00 am-12:00 pm \$120

Wisconsin Place CC

268524 7/26-7/30 9:00 am-12:00 pm \$120

Fencing School

Ages 7-16

Emphasize agility, coordination, and basic foil techniques.

Kensington-Parkwood ES

268924 6/21-7/2 3:45 pm 5:45 pm \$161 268925 7/6-7/16 3:45 pm 5:45 pm \$145 268926 7/19-7/30 3:45 pm 5:45 pm \$161

Matsunaga ES

268920 6/21-7/2 10:00 am-12:00 pm \$161 268928 7/6-7/16 10:00 am-12:00 pm \$145 268929 7/19-7/30 10:00 am-12:00 pm \$161



Fencing School Special Session

Ages 7-16.

Stay sharp, stay focused, stay in shape and keep your edge on the competition!

Kensington-Parkwood ES

268931 8/2-8/6 3:00 pm- 5:00 pm \$81

Matsunaga ES

268930 8/2-8/6 10:00 am-12:00 pm \$81

The Ultimate Boxing and Boot Camp-Youth

Ages 7-15

Introduction to a boxer's workout designed to teach students eye, hand and foot coordination..

Bethesda-Chevy Chase HS

268328 7/26-7/29 10:00 am- 1:00 pm \$100 268329 8/2-8/5 10:00 am- 1:00 pm \$100

Upper County CC

269040 8/9-8/12 10:00 am- 1:00 pm \$100

Total Golf Adventures

Ages 5-12

Kids can get a grip on this wonderful lifetime sport .

Germantown CC

268775 8/16-8/20 9:30 am-11:30 am \$175 268776 8/16-8/20 1:00 pm- 3:00 pm \$175

This MiniGuide is only a listing of our summer camps and programs.

Complete details about all summer programs, including bus transportation and extended care options, can be found in our Summer Camps and Programs brochure.

You can pick up copies of the brochure at any Recreation facility, or you can download a copy from our website at www.montgomerycountymd.gov/rec.

For more information call our Camps Team at 240-777-6870.



Skateboard Clinics at Olney Manor

Ages 6-13

Learn to ride, tack turn, ollie, kick flip, grind, stall, drop in and get air.

Olney Manor RP

268892	6/14-6/17	8:30 am-12:00 pm	\$165
268893	6/21-6/24	8:30 am-12:00 pm	\$165
268894	6/28-7/1	8:30 am-12:00 pm	\$165
268895	7/5-7/8	8:30 am-12:00 pm	\$165
268896	7/12-7/15	8:30 am-12:00 pm	\$165
268897	7/19-7/22	8:30 am-12:00 pm	\$165
268898	7/26-7/29	8:30 am-12:00 pm	\$165
268899	8/2-8/5	8:30 am-12:00 pm	\$165
268900	8/9-8/12	8:30 am-12:00 pm	\$165
268901	8/16-8/19	8:30 am-12:00 pm	\$165
268902	8/23-8/26	8:30 am-12:00 pm	

Potomac CC

268780 6/14-6/18	9:00 am-12:30 pm	\$210
268778 6/21-6/25	9:00 am-12:30 pm	\$210
268779 8/2-8/6	9:00 am-12:30 pm	\$210

Skating Clinics In Line Basic

Ages 6-13

Skate, stop, turn and go are the basic skills covered.

Potomac CC

268781	6/14-6/18	9:00 am-12:30 pm	\$210
268782	6/21-6/25	9:00 am-12:30 pm	
268800	8/2-8/6	9:00 am-12:30 pm	\$210

Philbin's Football Condition Camp

Ages 9-18

Build explosive power, maximum strength, increase speed, quickness, agility and footwork..

Philbin's Athletic Training Center

272993 6/21-7/1 1:00 pm- 3:00 pm \$240 272994 7/6-7/15 1:00 pm- 3:00 pm \$210



Team Sports Skills

MD Sports Summer Basketball Clinic

Ages 6-17

Join us for an exciting sports experience where fun and learning never stop.

Bethesda-Chevy Chase HS

268819 6/21-6/25	9:00 am- 4:00 pm	\$250
268820 6/28-7/2	9:00 am- 4:00 pm	\$250
268821 7/6-7/9	9:00 am- 4:00 pm	\$205
268822 7/12-7/16	9:00 am- 4:00 pm	\$250
268823 7/19-7/23	9:00 am- 4:00 pm	\$250
268824 7/26-7/30	9:00 am- 4:00 pm	\$250
268825 8/2-8/6	9:00 am- 4:00 pm	\$250

One-on-One Basketball Clinic

Ages9-16

Includes instruction in ball handling, fast break situations, passing, shooting, dribbling, rebounding, individual moves and fun skill enhancing drills.

Kingsview MS

268812 6/2 268813 6/2	28-7/2	3:45 pm-	5:45 pm 5:45 pm	\$103
268814 7/6 268815 7/1		3:45 pm- 3:45 pm-	5:45 pm	\$83 \$103

White Oak MS

268810 7/26-7/30	3:30 pm- 5:30 pm	\$103
268811 8/2-8/6	3:30 pm- 5:30 pm	\$103
2688097/19-7/23	3:30 pm- 5:30 pm	

Washington Mystics Youth Basketball Camp

Ages 5-16

Learn from their favorite current and former Mystics players, coaches, and staff in a fun and positive environment.

Banneker, Benjamin MS

269649 7/26-7/30 9:00 am- 1:00 pm \$210

Gibbs ES

269647 7/12-7/16 9:00 am- 1:00 pm \$210

Bradley Hills ES

269648 7/19-7/23 9:00 am- 1:00 pm \$210

Oakland Terrace ES

269445 6/21-6/25 9:00 am- 1:00 pm \$210

Baseball Camps by Bases Loaded

Ages 6-13

Work on skills such as hitting, pitching, fielding, base running and much more!

North BethesdaMS 269537 7/19-7/22 9:00 am-1:00 pm \$152

South Germantown RP

269535 6/21-6/24 9:00 am- 1:00 pm \$152

Wood MS

269536 6/28-7/1 9:00 am- 1:00 pm \$152

Football Clinic

Ages 7-14

Concentrate on improving fundamentals including blocking, tackling and offensive skills..

White Oak MS

269538 7/12-7/16 8:30 am- 3:30 pm \$201

MD Sports Multi Sport Camp

Ages 6-14

Learn and play a variety of sports, including basketball.

Bethesda ES

269372	6/21-6/25	9:00 am- 4:00 pm	\$250
269373	6/28-7/2	9:00 am- 4:00 pm	\$250
269374	7/6-7/9	9:00 am- 4:00 pm	\$205
269375	7/12-7/16	9:00 am- 4:00 pm	\$250
269376	7/19-7/23	9:00 am- 4:00 pm	\$250
269377	7/26-7/30	9:00 am- 4:00 pm	\$250
269378	8/2-8/6	9:00 am- 4:00 pm	\$250

Farguhar MS

269379 6/21-6/25 9:00 am- 4:00 pm \$250

One on One Dual Sports Camp

Ages????

Fundamentals with drills and contests before playing regular games..

Candlewood ES

269433 6/21-6/25	9:00 am- 3:00 pm	\$195
269435 6/28-7/2	9:00 am- 3:00 pm	\$195
269651 7/12-7/16	9:00 am- 3:00 pm	\$195

Kensington-Parkwood ES

269650 7/12-7/16	9:00 am- 3:00 pm	\$195
269041 6/21-6/25	9:00 am- 3:00 pm	\$195
2694346/28-7/2	9:00 am- 3:00 pn	n 195

UK Elite Soccer Half Day Clinic

A fun environment which stimulates learning, developing, practicing and polishing soccer skills..

Wood Acres ES

Ages 5	5-6
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269471 6/21-6/25 9:00 am-12:00 pm \$175

Ages 7-10

269478 6/21-6/25 9:00 am-12:00 pm \$175

Cloverly ES

Ages 5-6

269472 6/28-7/2 9:00 am-12:00 pm \$175

Resnik ES

Ages 5-6

269470 6/21-6/25 9:00 am-12:00 pm \$175

Ages 7-10

269477 6/21-6/25 9:00 am-12:00 pm \$175

Darnestown LP

Ages 5-6

269473 7/6-7/9 9:00 am-12:00 pm \$140

Ages 7-10

269479 7/6-7/9 9:00 am-12:00 pm \$140

Greenwood ES

Ages 5-6

269512 8/2-8/6 9:00 am-12:00 pm \$175

Ages 7-10

269481 8/2-8/6 9:00 am-12:00 pm \$175

Gwendolyn Coffield CC

Ages 5-6

269513 8/9-8/13 9:00 am-12:00 pm \$175

Ages 7-10

270273 8/9-8/13 9:00 am-12:00 pm \$175

MCRD Offices

Ages 5-6

269514 8/16-8/20 9:00 am-12:00 pm \$175

Ages 7-10

269482 8/16-8/20 9:00 am-12:00 pm \$175

Resnik ES

Ages 5-6

269470 6/21-6/25 9:00 am-12:00 pm \$175

Ages 7-10

269477 6/21-6/25 9:00 am-12:00 pm \$175

Seven Locks LP

Ages 5-6

269474 7/12-7/16 9:00 am-12:00 pm \$175

Wood Acres ES

Ages 5-6

269475 7/26-7/30 9:00 am-12:00 pm \$175

Ages 7-10

269480 7/26-7/30 9:00 am-12:00 pm \$175

UK Elite Soccer Full Day Camp

Ages 7-15

A fun learning environment to learn and improve their skills.

Cloverly ES

269509 6/28-7/2 9:00 am- 3:00 pm \$235

Gwendolyn Coffield CC

269511 8/9-8/13 9:00 am- 3:00 pm \$240

Seven Locks ES

269510 7/12-7/16 9:00 am- 3:00 pm \$240

Challenger Sports British Soccer - Minisoccer

Ages 5-6:

Daily individual foot skills, technical drills, tactical practices, small sided games, coached scrimmages, and a daily tournament.

Falls Road LP

269446 6/14-6/18 10:30 am-12:00 pm \$100 269454 7/19-7/23 10:30 am-12:00 pm \$100

Kings LP

269447 6/21-6/25 10:30 am-12:00 pm \$100 269455 7/26-7/30 10:30 am-12:00 pm \$100

Farquhara MS

269448 7/6-7/9 10:30 am-12:00 pm \$80

Challenger Sports British Soccer

Ages 7-14

Identifies key techniques and skills the your players will work on and master to reach their true potential.

Falls Road LP

269424 6/14-6/18 9:00 am- 4:00 pm \$175 269431 7/19-7/23 9:00 am- 4:00 pm \$175

Farquhar MS

269430 7/6-7/9 9:00 am- 4:00 pm \$200

Kings LP

269429 6/21-6/25 9:00 am- 4:00 pm \$175 269432 7/26-7/30 9:00 am- 4:00 pm \$175



Challenger Soccer Evening Prorgam

Ages 6-14

Identifies key techniques and skills the your players will work on and master to reach their true potential.

Farquhar MS

280173 7/6-7/9 5:30pm - 8:30pm \$150

Falls Road LP

280170 6/14-6/18 5:30pm - 8:30pm \$170 280171 7/19-7/23 5:30pm - 8:30pm \$170

Kings LP

280174 6/21-6/25 5:30pm - 8:30pm \$170 280175 7/26-7/30 5:30pm - 8:30pm \$170

MVP Soccer Camp for Girls

Ages 6-14

Players get the opportunity to interact and learn from women who are shaping the future of soccer for the American girl.

Farmland Drive LP

269539 7/19-7/23 9:00 am- 3:00 pm \$230

Soccer Clinic for Youth

Ages 6-14

Improve techniques and knowledge of the game in a fun learning environment.

Clarksburg HS

268274 6/28-7/2 9:00 am- 3:00 pm \$230

Farmland ES

268273 6/21-6/25 9:00 am- 3:00 pm \$230

Page, William Tyler ES

268275 7/12-7/16 9:00 am- 3:00 pm \$230



Aqua Sports Camp

Swimming, diving, trampoline, soccer, kickball, crafts, and games! Extended care is available. Call 240-777-6860 for details

Olney Swim Center

268657	6/21-6/25	8:45 am - 4:00 pm \$245
268658	6/28-7/2	8:45 am - 4:00 pm \$245
268659	7/5-7/9	8:45 am - 4:00 pm \$245
268660	7/12-7/16	8:45 am - 4:00 pm \$245
268661	7/19-7/23	8:45 am - 4:00 pm \$245
268662	7/26-7/30	8:45 am - 4:00 pm \$245
268663	8/2-8/6	8:45 am - 4:00 pm \$245
268664	8/9-8/13	8:45 am - 4:00 pm \$245

Germantown Indoor Swim Center

One-of-a-Kind

On-the-Go

Ages 8-12

A field trip every day to exciting destinations in and around Montgomery County.

Bauer Drive CC

269384 6/21-7/2 269385 7/6-7/16	9:00 am- 3:30 pm 9:00 am- 3:30 pm	
269386 7/19-7/30 269387 8/2-8/6	9:00 am- 3:30 pm 9:00 am- 3:30 pm	\$355

Beverly Farms ES

269391 8/2-8/6	9:00 am- 3:30 pm	\$178
269388 6/21-7/2	9:00 am- 3:30 pm	\$355
269389 7/6-7/16		\$320
269390 7/19-7/30	9:00 am- 3:30 pm	\$355

Shady Grove MS

269392 7/19-7/30	9:00 am- 3:30 pm	\$355
269393 8/2-8/6	9:00 am- 3:30 pm	\$178

Aqua Sports Camp

Do you have a kid who loves going to the pool? Then our Aqua Sports camp is the camp for your child.

Campers get plenty of pool time to play, and we also make time to teach basic swimming and diving skills. Then, for a change of pace, campers enjoy land-based fun as we teach trampoline and tumbling skills, soccer, arts and crafts and other activities.

Campers should be able to swim one length of the pool and be comfortable in deep water. For more information about our Aqua Sports Camps, call our Aquatics Team at 240-777-6860.



Xciting Xtras

Challenger Space & Rocketry

Ages 5-12

Combines sports, space science and computer technology with a focus on teambuilding.

Potomac ES

269231 6/21-6/25	9:00 am- 3:30 pm	\$195
269232 6/28-7/2	9:00 am- 3:30 pm	\$195
269233 7/6-7/9	9:00 am- 3:30 pm	\$156
269234 7/12-7/16	9:00 am- 3:30 pm	\$195
269235 7/19-7/23	9:00 am- 3:30 pm	\$195
269236 7/26-7/30	9:00 am- 3:30 pm	\$195
269237 8/2-8/6	9:00 am- 3:30 pm	\$195

Clara Barton CC

269238 8/9-8/13 9:00 am- 3:30 pm \$195

Kids, Keys 'n Sports

Ages 5-12

Wow! A summer camp that exercises your child's body as well as their mind!

Potomac ES

269243	6/21-6/25	9:00 am- 3:30 pm	\$195
269244	6/28-7/2	9:00 am- 3:30 pm	\$195
269245	7/6-7/9	9:00 am- 3:30 pm	\$156
269246	7/12-7/16	9:00 am- 3:30 pm	\$195
269247	7/19-7/23	9:00 am- 3:30 pm	\$195
269248	7/26-7/30	9:00 am- 3:30 pm	\$195
269249	8/2-8/6	9:00 am- 3:30 pm	\$195

Clara Barton CC

269250 8/9-8/13 9:00 am- 3:30 pm \$195

Challenger Space & Rocketry/ Kids Keys n Sports Extended

Ages 5-12

Kids registered for Challenger Space Rocketry and Kids, Keys 'n Sports at Potomac ES eligible to register.

Potomac ES

269260 6	6/21-6/25	7:00 am- 9:00 am	\$26
269261 6	6/21-6/25	3:30 pm- 6:00 pm	\$32
269262 6	6/28-7/2	7:00 am- 9:00 am	\$26
269263 6	6/28-7/2	3:30 pm- 6:00 pm	\$32
269264	7/6-7/9	7:00 am- 9:00 am	\$21
269265	7/6-7/9	3:30 pm- 6:00 pm	\$26
269266	7/12-7/16	7:00 am- 9:00 am	\$26
269267	7/12-7/16	3:30 pm- 6:00 pm	\$32
269268	7/19-7/23	7:00 am- 9:00 am	\$26
269269	7/19-7/23	3:30 pm- 6:00 pm	\$32
269270	7/26-7/30	7:00 am- 9:00 am	\$26
	7/26-7/30	3:30 pm- 6:00 pm	\$32
269272 8		7:00 am- 9:00 am	\$26
269273 8	8/2-8/6	3:30 pm- 6:00 pm	\$32

Clara Barton CC

01414 241	o o o	
269274 8/9-8/	7:00 am- 9:00 a	m \$26
269275 8/9-8/	13 3:30 pm- 6:00 r	om \$32

Chess Camp - Beginners

Ages 5-12

Expand skills and learn strategies and rules to play effectively.

Wheaton CC

269823 6/21-6/25 9:00 am-12:00 pm \$100

Chess Camp - Intermediate/ Advanced

Ages 5-12

Players will advance skills necessary to partipate competively in chess tournaments.

Kingsview MS

269830 8/2-8/6 12:00 pm- 3:00 pm \$100

Wheaton CC

269828 6/21-6/25 12:00 pm- 3:00 pm \$100

Club Holiday Endless Summer

Ages 3-12

The Club will feature organized activities as well as time for participants to engage in activities based on their own interests.

Bauer Drive CC

269462 8/16-8/20 9:30 am-3:30 pm \$170 269463 8/16-8/20 9:30 am-12:30 pm \$98

Potomac CC

269464 8/23-8/27 9:30 am- 3:30 pm \$170 269465 8/23-8/27 9:30 am-12:30 pm \$98

Club Holiday Extended Day

Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee.

Bauer Drive CC

269466 8/16-8/20 7:30 am 9:30 am \$26 269467 8/16-8/20 3:30 pm-6:00 pm \$32 **Potomac CC**

i otomac cc

269468 8/23-8/27 7:30 am- 9:30 am \$26 269469 8/23-8/27 3:30 pm- 6:00 pm \$32



Riding: Camp

Ages 8-15

Ride twice a day 4 times per week, swim every day, and do various unmounted horse activities including leading horses, unsaddling, grooming, bathing, cleaning tack, plus general barn responsibilities.

Camp Olympia

269080 6/21-6/25	5 9:15 am- 3:30 pm	\$430
269081 6/28-7/2	9:15 am- 3:30 pm	\$430
269082 7/6-7/9 269083 8/2-8/6 269084 8/16-8/20	9:15 am- 3:30 pm 9:15 am- 3:30 pm	\$344 \$430

Sports & Horses & More

Ages 8-14

Swim twice daily, horseback ride 4 times per week, play soccer, basketball, track and field, gymnastics.

Camp Olympia

269079 8/16-8/20 9:15 am- 3:30 pm \$335	269076 269077 269078	6/21-6/25 6/28-7/2 7/6-7/9 8/2-8/6 8/16-8/20	9:15 am- 3:30 pm 9:15 am- 3:30 pm 9:15 am- 3:30 pm 9:15 am- 3:30 pm 9:15 am- 3:30 pm	\$335 \$335 \$271 \$335 \$335

Mini Sports and Horses Camp

Ages 8-14

Ride, swim , plus do other sports such as basketball, soccer, gymnastics, track and field, games plus other exciting activities.

Camp Olympia

269086 6/16-6/18 9:15 am- 3:30 pm \$140

Girls Only Fitness Clinic

Ages 6 -12

Keep your minds and bodies moving in this new camp that encourages girls to feel good about themselves, get that needed exercise and enhance their physical fitness.

Potomac CC

269024 7/12-7/16 9:00 am-12:30 pm \$175

Camp Fit for Life

Ages 7-14

Learn about eating healthy, getting plenty of exercises and feeling good about being an individual.

Studio 310

268324 6/21-6/25 9:30 am- 3:30 pm \$325

Puzzle Piazza - A Problem Solving Picnic for Kids

Campers choose from a wide spread of puzzles, mostly 3-D ones, ranging in difficulty from easy to extremely challenging.

Cashell ES

Ages 6-8

269027 7/6-7/9 9:00 am-12:00 pm \$160 **Ages 8-12** 269028 7/6-7/9 1:00 pm- 4:00 pm \$160

Matsunaga ES

Ages 6-8

269025 6/28-7/2 9:00 am-12:00 pm \$200 **Ages 8-12**

269026 6/28-7/2 1:00 pm- 4:00 pm \$200

North Bethesda MS

Ages 6-8

269030 7/12-7/16 9:00 am-12:00 pm \$200

Ages 8-12

269032 7/12-7/16 1:00 am- 4:00 am \$200

Sligo Avenue NP (Sligo Urban)

Ages 6-8

269033 7/19-7/23 9:00 am-12:00 pm \$200

Ages 8-12

269034 7/19-7/23 1:00 pm- 4:00 pm \$200

Wayside ES

Ages 6-8

269035 7/26-7/30 9:00 am-12:00 pm \$200

Ages 8-12

269036 7/26-7/30 1:00 pm- 4:00 pm \$200

Robotronix

Ages 8-14

Build and control a (SumoBot) robot that can detect an opponent and avoid obstacles.

North Bethesda MS

269326 7/12-7/16 9:00 am-12:00 pm \$325 269327 7/12-7/16 12:30 pm- 3:30 pm \$325

Computer: 2 D Game Design Camp

Ages 8-14

Learn how to make 2D computer games.

North Bethesda MS

269323 7/12-7/16 9:00 am-12:30 pm \$325 269324 7/12-7/16 12:30 pm- 3:30 pm \$325

For complete details on Summer camps & Programs, visit our website at montgomerycountymd.gov/rec

Camps & Programs MiniGuide

Cooking: Kitchen Possible

Ages 12-16

Discover techniques used by the pros, prepare, and enjoy, several easy and delicious dishes. \$25 food fee.

Ross Boddy CC

269031 8/9-8/13 3:00 pm- 6:00 pm \$200

Etiquette Camp: Minding your Manners

Ages 6-10

Learn what to do and when to do it when it comes to using good manners.

Jones Lane ES

269449 6/28-7/2 9:00 am-12:00 pm \$150

Matsunaga ES

269452 8/2-8/6 9:00 am-12:00 pm \$150

Wayside ES

269450 7/26-7/30 9:00 am-12:30 pm \$155 269451 7/26-7/30 12:30 pm- 3:30 pm \$150

History Explorers - A Field Trip Camp

Ages 9-13

Discover our rich local history through this unique travel camp.

Beall-Dawson House

268074 8/9-8/13 9:00 am- 4:00 pm \$300

Waters House Historic Site

268073 8/2-8/6 9:00 am- 4:00 pm \$300

Circus Arts

Ages 8-11

Learn puppetry, magic, balloon sculpture, face painting, object balancing, juggling, skit comedy, and much more!

GermantownCC

268891 8/9-8/13 9:00 am- 3:30 pm \$235

Norbeck-Muncaster Mill NP

268905 7/19-7/23 9:00 am- 3:30 pm \$235

Circus Fun

Ages 5-7

Learn to speak though a puppet, play a carnival game, juggle handkerchiefs, paint your face to look like a tiger, or even learn a magic trick!

Germantown CC

268903 8/9-8/13 9:00 am- 3:30 pm \$235

Norbeck-Muncaster Mill NP

268904 7/19-7/23 9:00 am- 3:30 pm \$235

Magical Fun

Ages 5-7

Learn magic tricks as well as puppetry and magic-themed craft projects.

Rock Creek Valley ES

269542 6/28-7/2 9:00 am- 3:30 pm \$235

Wheaton CC

269543 8/2-8/6 9:00 am- 3:30 pm \$235

Magical Arts & Crafts

Ages 6-11

Make trick cards, learn how to make a magic box or paint and create your own magic wand!

Germantown CC

268890 8/16-8/20 9:00 am- 3:30 pm \$235

Wheaton CC

268889 6/21-6/25 9:00 am- 3:30 pm \$235

Magic Performance Camp

Ages 8-12

Learn the basics of what it means to be a magician; sleight of hand, mentalism, apparatus, coin, card, wand and handkerchief magic.

Rock Creek Valley ES

269544 6/28-7/2 9:00 am- 3:30 pm \$235

Wheaton CC

269545 8/2-8/6 9:00 am- 3:30 pm \$195

Puppetry

Ages 6-11

Learn about bag puppets, shadow puppets, human puppets, marionettes, tribbles, sock puppets, and improvisational puppets,.

Norbeck-Muncaster Mill NP

269540 7/12-7/16 9:00 am- 3:30 pm \$235





Check your
Calendar and
get an early
jump on
summer!
Some clinics
start on
June 14!



Summer Fun Centers

Drop-in program offering crafts, sports, games and special events.

Down County Region 240-777-6900

Ages 5-12 Ashburton ES 268851 6/28-8/6 9:00am-4:00pm \$240 Chevy Chase ES 268841 6/28-8/6 9:00am-4:00pm \$240 Clara Barton CC 268842 6/28-8/6 9:00am-4:00pm \$240 Scotland CC 268855 6/28-8/6 9:00am-4:00pm \$240 Wyngate ES 268840 6/28-8/6 9:00am-4:00pm \$240

Citac with Extended Harme

Sites with Ex	Klenaea Hou	15
Coffield CC		
268848 6/28-8/6	8:00am-3:00pm	\$240
268860 6/28-8/6	3:00pm-6:00pm	\$60
Rosemary Hill	s ES	
268850 6/28-8/6	8:00am-3:00pm	\$240
268861 6/28-8/6	3:00pm-6:00pm	\$60

Eastern Region 240-777-4980

Ages 5-12		
Good Hope CC 268909 6/28-8/6	8:00am-3:00pm	\$240
Pinecrest LP 268835 6/28-8/6	9:00am-4:00pm	\$240
Sligo Creek ES 268837 6/28-8/6	9:00am-4:00pm	\$240
Westover ES 268844 6/28-8/6	9:00am-4:00pm	\$240
Sites with Ex	tended How	rs

200033 0/20 - 0/0	9.00am-4.00pm	Φ240
Sligo Creek ES 268837 6/28-8/6	9:00am-4:00pm	\$240
Westover ES 268844 6/28-8/6	9:00am-4:00pm	\$240
Sites with Ex	<mark>xtended How</mark>	rs
East County C	C	
268845 6/28-8/6	8:00am-3:00pm	\$240
268856 6/28-8/6	3:00pm-6:00pm	\$60
Long Branch (CC	
268834 6/28-8/6	8:00am-3:00pm	\$240
268859 6/28-8/6	3:00pm-6:00pm	\$60
Marilyn Prasir	ner CC	
268908 6/28-8/6	3:00pm-6:00pm	\$60

Mid-County Region 240-777-4930

Aggs 5_19

Ages 5-12		
Brooke Grove	ES	
268829 6/28-8/6	9:00am-4:00pm	\$240
Cashell ES		
268852 6/28-8/6	9:00am-4:00pm	\$240
Loiederman M	S	
268831 6/28-8/6	9:00am-4:00pm	\$240
Sligo-Dennis Av	venue LP	
268836 6/28-8/6	9:00am-4:00pm	\$240
Veirs Mill LP		
268832 6/28-8/6	9:00am-4:00pm	\$240
Sites with Ex	tended Hour	\$

Aroulo MC

Aigyle MS		
268828 6/28-8/6	8:00am-3:00pm	\$240
268863 6/28-8/6	3:00pm-6:00pm	\$60
Ross Boddy CO		
268833 6/28-8/6	8:00am-3:00pm	\$240
2688626/28-8/6	3:00pm-6:00pm	\$60

Up County Region 240-777-6940

Ages 5-12

Emory Grove	Center	
268843 6/28-8/6		\$240
Martin Luther	King, Jr. MS	
268847 6/28-8/6	9:00am-4:00pm	\$240
Watkins Mill E	S	
268910 6/28-8/6	9:00am-4:00pm	\$240
Woodfield ES		
268830 6/28-8/6	9:00am-4:00pm	\$240

Sites with Extended Hours

Damascus CC 268867 6/28-8/6	3:00pm-6:00pm	\$60
Plum Gar CC		
268838 6/28-8/6	8:00am-3:00pm	\$240
268858 6/28-8/6	3:00pm-6:00pm	\$60
Upper County	CC	
268857 6/28-8/6	3:00pm-6:00pm	\$60

Therapeutic Camps

Apollo, Little Pines, Big Pines, Chesapeake, Personal Pursuits and TR Summer Teen Center are Therapeutic Recreation Camps designed to help children and teens with disabilities improve social skills, enhance selfesteem, and develop new skills through age appropriate activities in a safe environment. Please call 240-777-6870 or TTY 240-777-6974 for more information and the assistance of a Recreation Specialist to find the most appropriate for your family member.

Camp Apollo

Ages 6-12

Rock Terrace High School

268431 7/6-7/16 12:00 pm- 4:30 pm \$171 268432 7/19-7/30 12:00 pm- 4:30 pm \$190

Camp Big Pines

Ages 9-12

Parkland Middle School

268436 7/6-7/16	9:00 am- 3:30 pm	\$216
268437 7/19-7/30	9:00 am- 3:30 pm	\$240
268438 8/2-8/6	9:00 am- 3:30 pm	

Camp Little Pines

Ages 5-8

Parkland Middle School

268445 8/2-8/6	9:00 am- 3:30 pm	\$120
2684426/21-7/2	9:00 am- 3:30 pn	n 240
268443 7/6-7/16	9:00 am- 3:30 pm	\$216
2684447/19-7/30	9:00 am- 3:30 pn	n 240

TR Summer Teen Center

Ages 13-21

Parkland Middle School

268449 7/6-7/9	9:00 am- 3:30 pm	\$80
268450 7/12-7/16	9:00 am- 3:30 pm	\$100
268451 7/19-7/23	9:00 am- 3:30 pm	\$100
268452 7/26-7/30	9:00 am- 3:30 pm	\$100



Summer Teen Centers

Want to hang out this summer with your friends? Drop-in to one of our Teen Centers for hot fun in the sun!

Teen Center

Kingsview MS		
269059 6/28-7/1	9:00 am- 3:30 pm	\$75
269060 7/6-7/9	9:00 am- 3:30 pm	\$65
269061 7/12-7/16	9:00 am- 3:30 pm	\$75
269062 7/19-7/23	9:00 am- 3:30 pm	\$75
Blair HS		
269067 6/28-7/1	9:00 am- 3:30 pm	\$75
269068 7/6-7/9	9:00 am- 3:30 pm	\$65
269069 7/12-7/16	9:00 am- 3:30 pm	\$75
269070 7/19-7/23	9:00 am- 3:30 pm	\$75
Benjamin Ban	neker MS	
269071 6/28-7/1	9:00 am- 3:30 pm	\$75
269072 7/6-7/12	9:00 am- 3:30 pm	\$65
269073 7/13-7/16	9:00 am- 3:30 pm	\$75
269074 7/19-7/23	9:00 am- 3:30 pm	\$75
John Poole MS	8	
269055 6/28-7/1	9:00 am- 3:30 pm	\$75
269056 7/6-7/9	9:00 am- 3:30 pm	\$65
269057 7/12-7/16	9:00 am- 3:30 pm	\$75
269058 7/19-7/23	9:00 am- 3:30 pm	\$75
Wheaton HS		
269063 6/28-7/1	9:00 am- 3:30 pm	\$75
269064 7/6-7/9	9:00 am- 3:30 pm	\$65
269065 7/12-7/16	9:00 am- 3:30 pm	\$75
269066 7/19-7/23	9:00 am- 3:30 pm	\$75
	-	

Career Ouest

Explore careers and social issues!

Loiederman MS

270883 6/28-7/2 9:00am-4:00pm 270885 7/12-7/16 9:00am-4:00pm \$100

Leadership Challenge

Learn leadership skills while performing service projects.

Loiederman MS

270884 7/6-7/9 9:00am-4:00pm \$100 270886 7/19-7/23 9:00am-4:00pm

RecWeb... easy, fast, secure!

montgomerycountymd.gov/rec

Summer Teen Travel Club

Have fun in the sun at Rehobeth Beach! Challenge yourself on a ropes course. Enjoy Six Flags and Kings Dominion. Go tubing or white water rafting. Visit Cascade Lake and go to local water parks.

Week 1

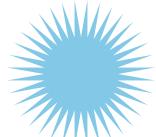
Praisner CC		
269048 7/6-7/9	8:30 am- 5:00 pm	\$264
East County C	C	
269047 7/6-7/9	8:30 am- 5:00 pm	\$264

Week 2		
Wheaton CC 269050 7/12-7/16	8:30 am- 5:00 pm	\$345
Olney Manor 1 269049 7/12-7/16	RP 8:30 am- 5:00 pm	\$345
Week 3		

Potomac CC		
269051 7/19-7/23	8:30 am- 5:00 pm	\$345

Week 4

Germantown		
269052 7/26-7/30	8:30 am- 5:00 pm	\$345



The Counselor-in-Training Program is the ultimate volunteer experience. Teens train to become recreation leaders by providing assistance to our summer programs. Student Service Learning hours may be earned.

CIT - **Little People Centers**

Ages 13-16

Lawton CC 269665 8/2-8/6 9:00 am- 1:00 pm \$40

CIT - Hidden Spring

Ages 15-16

Rock Creek RP

269645 7/19-7/30	9:00 am- 3:30 pm	\$75
269646 8/2-8/6	9:00 am- 3:30 pm	\$40

CIT - Seneca Creek

Ages 15-16

Camp Seneca LP

269844 8/2-8/6	9:00 am- 3:30 pm	\$40
269845 8/9-8/13	9:00 am- 3:30 pm	\$40

CIT - Big Terps

Ages 13-16

White Oak MS

270164 7/6-7/16	9:00 am- 3:30 pm	\$75
270165 7/19-7/30	9:00 am- 3:30 pm	\$75
270166 8/2-8/6	9:00 am- 3:30 pm	\$40

CIT - Sports Unlimited

Ages 13-16

Pyle MS

269981 8/2-8/6 9:00 am- 3:30 pm



CIT - Camps Extended Camp

Ages 13-16

Bauer Drive CO 270123 7/6-7/16 270124 7/19-7/30	3:30 pm- 6:00 pm 3:30 pm- 6:00 pm	\$30 \$30
270125 8/2-8/6 Longwood CC	3:30 pm- 6:00 pm	\$30
270134 6/21-7/2	3:30 pm- 6:00 pm	\$30
270135 7/6-7/16	3:30 pm- 6:00 pm	\$30
270136 7/19-7/30 270137 8/2-8/6	3:30 pm- 6:00 pm 3:30 pm- 6:00 pm	\$30 \$30
Pyle MS		

270143 7/6-7/16 3:30 pm-6:00 pm

270144 7/19-7/30 3:30 pm-6:00 pm \$30 3:30 pm- 6:00 pm 270145 8/2-8/6 \$30 Rocky Hill MS 270147 7/6-7/16 3:30 pm-6:00 pm \$30

270148 7/19-7/30	3:30 pm- 6:00 pm	\$30
Shady Grove I	MS	
270154 8/2-8/6	3:30 pm- 6:00 pm	\$30

White Oak MS		
270158 6/21-7/2	3:30 pm- 6:00 pm	\$30
270159 7/6-7/16	3:30 pm- 6:00 pm	\$30
270160 7/19-7/30	3:30 pm- 6:00 pm	\$30
270161 8/2-8/6	3:30 pm- 6:00 pm	\$30

CIT - SFC Argyle MS

Ages 14-16

Argyle MS

269834 7/26-8/6 8:00 am- 3:00 pm \$75

CIT - SFC Brooke Grove ES

Ages 14-16

Brooke Grove ES

269794 6/28-7/9 9:00 am- 4:00 pm 269795 7/12-7/23 9:00 am- 4:00 pm \$75

CIT - SFC Cashell ES

Ages 14-16

Cashell ES

269838 6/28-7/9 9:00 am- 4:00 pm 269839 7/12-7/23 9:00 am- 4:00 pm \$75 9:00 am- 4:00 pm 269840 7/26-8/6

CIT - SFC Chevy Chase ES

Ages 14-16

Chevy Chase ES

269715 7/26-8/6 9:00 am- 4:00 pm

CIT - SFC Clara Barton CC

Ages 14-16

Clara Barton CC

269717 7/12-7/23 8:00 am- 3:00 pm \$75 269719 7/26-8/6 8:00 am- 3:00 pm

CIT - SFC Clemente MS

Ages 14-16

Clemente MS

269722 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Coffield CC

Ages 14-16

Coffield CC

269723 6/28-7/9 8:00 am- 3:00 pm \$75 \$75 269724 7/12-7/23 8:00 am- 3:00 pm 269725 7/26-8/6 8:00 am- 3:00 pm

CIT - SFC DamascusCC

Ages 14-16

Damascus CC

269734 7/12-7/23 9:00 am- 3:00 pm 269735 7/26-8/6 9:00 am- 3:00 pm \$75

CIT - SFC East County CC

Ages 13-16

East County CC

269737 7/12-7/23 8:00 am- 3:00 pm \$75

CIT - SFC Good Hope CC

Ages 14-16

Good Hope CC

269793 7/26-8/6 9:00 am- 4:00 pm

CIT - SFC Long Branch CC

Ages 14-16

Long Branch CC

269773 6/28-7/9 8:00 am- 3:00 pm \$75 269774 7/12-7/23 8:00 am- 3:00 pm \$75 269775 7/26-8/6 8:00 am- 3:00 pm \$75

CIT - SFC M.L.King Jr., MS

Ages 13-16

King, Martin Luther MS

270173 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Pinecrest LP

Ages 14-16

Pinecrest LP

269797 6/28-7/9 9:00 am- 4:00 pm \$75 269798 7/12-7/23 9:00 am- 4:00 pm \$75 269799 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Plumgar CC

Ages 14-16

Plum Gar CC

269784 7/26-8/6 8:00 am- 3:00 pm



CIT - SFC Praisner CC

Ages 13-16

Praisner CC

269850 7/26-8/6 8:00 am- 3:00 pm \$75

CIT - SFC Resnik ES

Ages 14-16

Resnik ES

269851 6/28-7/9 8:00 am- 3:00 pm \$75 8:00 am- 3:00 pm 269852 7/12-7/23 \$75 269853 7/26-8/6 8:00 am- 3:00 pm \$75

CIT - SFC Rosemary Hills ES

Ages 14-16

Rosemary Hills ES

269779 6/28-7/9 8:00 am- 3:00 pm \$75 \$75 269780 7/12-7/23 8:00 am- 3:00 pm 269781 7/26-8/6 8:00 am- 3:00 pm \$75

CIT - SFC Ross Boddy CC

Ages 14-16

Ross Boddy CC

269785 6/28-7/9 8:00 am- 3:00 pm \$75 269786 7/12-7/23 8:00 am- 3:00 pm \$75 8:00 am- 3:00 pm 269787 7/26-8/6

CIT - SFC ScotlandCC

Ages 14-16

Scotland CC

269800 6/28-7/9 9:00 am- 4:00 pm \$75 269801 7/12-7/23 9:00 am- 4:00 pm \$75 269802 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Sligo Creek ES

Ages 14-16

Sligo Creek ES

269803 6/28-7/9 \$75 \$75 9:00 am- 4:00 pm 269804 7/12-7/23 9:00 am- 4:00 pm 269805 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Sligo-Dennis LP

Ages 14-16

Sligo-Dennis Avenue LP 269790 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Upper County CC

Ages 14-16

Upper County CC

269777 7/12-7/23 8:00 am- 3:00 pm \$75 8:00 am- 3:00 pm 269778 7/26-8/6

CIT - SFC Veirs Mill LP

Ages 14-16

Veirs Mill LP

269806 6/28-7/9 \$75 \$75 9:00 am- 4:00 pm 269807 7/12-7/23 9:00 am- 4:00 pm 9:00 am- 4:00 pm \$75 269808 7/26-8/6

CIT - SFC Watkins Mill ES

Ages 14-16

Watkins Mill ES

\$75 \$75 272352 6/28-7/9 9:00 am- 4:00 pm 272353 7/12-7/23 9:00 am- 4:00 pm 272354 7/26-8/6 9:00 am- 4:00 pm \$75

CIT - SFC Westover ES

Ages 14-16

Westover ES

269809 6/28-7/9 \$75 9:00 am- 4:00 pm 269810 7/12-7/23 9:00 am- 4:00 pm \$75 \$75 269811 7/26-8/6 9:00 am- 4:00 pm

CIT - SFC Woodfield ES

Ages 13-16

Woodfield ES

269854 6/28-7/9 9:00 am- 4:00 pm \$75 269855 7/12-7/23 9:00 am- 4:00 pm \$75 269856 7/26-8/6 9:00 am- 4:00 pm

CIT - SFC Wyngate ES

Ages 14-16

Wyngate ES

269813 7/12-7/23 9:00 am- 4:00 pm

CIT - SFC Extended Afternoon

Ages 13-16

Argyle MS

270105 6/28-7/9 3:00 pm-6:00 pm \$30 270106 7/12-7/23 \$30 3:00 pm-6:00 pm 270107 7/26-8/6 3:00 pm-6:00 pm \$30 Damascus CC

270113 7/12-7/23 3:00 pm-6:00 pm \$30 270114 7/26-8/6 3:00 pm-6:00 pm \$30

East County CC

270096 6/28-7/9 3:00 pm-6:00 pm \$30 270097 7/12-7/23 3:00 pm-6:00 pm \$30 270098 7/26-8/6 3:00 pm-6:00 pm \$30 Coffield CC

270090 6/28-7/9 \$30 3:00 pm-6:00 pm 270091 7/12-7/23 3:00 pm-6:00 pm \$30 3:00 pm-6:00 pm 270092 7/26-8/6 \$30

Long Branch CC

270099 6/28-7/9 3:00 pm-6:00 pm \$30 270100 7/12-7/23 3:00 pm-6:00 pm \$30 3:00 pm-6:00 pm 270101 7/26-8/6 \$30

Praisner CC

270102 6/28-7/9 \$30 3:00 pm-6:00 pm 270103 7/12-7/23 3:00 pm-6:00 pm \$30 270104 7/16-7/29 3:00 pm-6:00 pm \$30

Plum Gar CC

270116 7/12-7/23 3:00 pm-6:00 pm \$30 270117 7/26-8/6 3:00 pm-6:00 pm \$30

Rosemary Hills ES

270093 6/28-7/9 3:00 pm-6:00 pm \$30 270094 7/12-7/23 3:00 pm-6:00 pm \$30

Ross Boddy CC

270108 6/28-7/9 \$30 3:00 pm-6:00 pm 270110 7/12-7/23 3:00 pm-6:00 pm \$30 270111 7/26-8/6 3:00 pm-6:00 pm \$30

Upper County CC

270118 6/28-7/9 3:00 pm-6:00 pm \$30 270120 7/26-8/6 3:00 pm-6:00 pm \$30



TR Mainstream Companion

Teens can experience first-hand the satisfaction of helping children with disabilities gain the most from their summer. Contribute in giving a child with a disability the opportunity to integrate into one of the summer camps or summer fun centers. You must be 14 by the start of the program session.

Down County Region (DC) Bethesda, Chevy Chase, Potomac

Location to be determined.

269113 6/21-7/2 9:00 am- 3:30 pm \$30 269114 7/6-7/16 9:00 am- 3:30 pm \$30 269116 8/2-8/6 9:00 am- 3:30 pm \$30 269115 7/19-7/30 9:00 am- 3:30 pm \$30

East County (SE) Briggs Chaney, Burtonsville, Fairland, NE Silver Spring.

Location to be determined.

269117 6/21-7/2 9:00 am- 3:30 pm \$30 269118 7/6-7/16 9:00 am- 3:30 pm \$30 269119 7/19-7/30 9:00 am- 3:30 pm \$30 269120 8/2-8/6 9:00 am- 3:30 pm \$30

Mid County (MC) Aspen Hill, Olney, Sandy Spring, Wheaton, Brookville.

Location to be determined.

269121 6/21-7/2 9:00 am- 3:30 pm \$30 269122 7/6-7/16 9:00 am- 3:30 pm \$30 269123 7/9-7/30 9:00 am- 3:30 pm \$30 269124 8/2-8/6 9:00 am- 3:30 pm \$30

Upcounty Region (UC) Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah

Location to be determined.

269109 6/21-7/2 9:00 am- 3:30 pm \$30 269110 7/6-7/16 9:00 am- 3:30 pm \$30 269111 7/19-7/30 9:00 am- 3:30 pm \$30 9:00 am- 3:30 pm 269112 8/2-8/6 \$30

TR Camp Assistant Summer Volunteer

Are you interested in teaching special education? Gain valuable experience providing general assistance and support in a therapeutic recreation camp designed for children with physical, developmental, or learning disabilities.

Camp Apollo

Rock Terrace High School

269087 7/6-7/16 12:00 pm- 4:30 pm \$30 269093 7/19-7/30 12:00 pm- 4:30 pm \$30

S The Posts Pages

Become a Team Player . . .

The benefits are endless when you play on one or more of the many Co-Rec, Women's or Men's sports leagues!

- Meet New People!
- Have a Great Time!
- Get Fit!
- Learn a New Skill!
- Discover a New You!

- Energize!
- Socialize!
- Be a Winner!
- Get a Competitive Edge!
- Get a Thrill!

We offer an Adult Sports League for every age and ability level. Check out the schedule to the right and get the ball rolling. Registration for competitive sport leagues are team registration only. Individuals seeking teams can be placed on our "free agent" list. For more information about how you can form a team or join a team call Our Team at 240-777-6880 or visit us on the web, www.montgomerycountymd.gov/rec

Meet the face of MD SPORTS ASSOCIATION Gasmina "Gazz" Perazic!

Montgomery County is proud to have Jazz as a Sports Contractor. Jazz has an outstanding history as a player, coach, and teacher. As a basketball player Jazz has achieved great accomplishments including: a two time Olympian, College All American, a member of The University of Maryland Hall of Fame, a First Team selection for The World Championships, member of the All Decade European Team, MVP of European Championships, and first round selection for the New York Liberty of the WNBA.

Jazz is presently the head coach of Elizabeth Seton High School of the prestigious Washington Catholic Athletic Conference (WCAC). This season she led Elizabeth Seton to the 2010 WCAC Championship and the 2010 City title Game Championship. Jazz has recently received numerous awards which include: 2010 WCAC Coach of the Year, 2010 DCIAA Coach's Award, and 2009 WBCA National High School Coach of the Year.



Preview of Upcoming Recreational Sports

SUMMER Registration for the following team sports begin:

In April:

- Adult basketball
- H.S. JV/Varsity Basketball
- Rising Star 5th-8th Grade

In May:

- Adult Softball
- H.S. Fast Pitch Softball

Leagues may fill before deadline. Register early!

For more information, call 240-777-6880.



FOR ACTIVE ADULTS ON

Summer - 2010

Working, semi-retired, or retired, we realize that your schedule may be a busy one and yet you may want to take the time to try something new in either the day or evening hours so we are adding a number of new activities to our Program Menu.

If you would like us to add your name to our e-mail list and be updated on new happenings please e-mail us at seniors@montgomerycountymd.gov and specify "Active Adults On The Go".



Seniors: 240-777-4925

Active Adults 55+ Fitness

Active Adults Fitness Clinics

An opportunity for persons 55 years and older, to attend a clinic designed to inform beginners about the basics of healthful activity and how to utilize the exercise facilities in local MCRD Community Centers. Options exist for use of these facilities free of charge during specific days and times. The clinics are conducted by a Professor of Health at Montgomery College and are free to the public. Preregistration is necessary. Call 240-777-4922 for more information.

Please look for registration fliers at your local Community Center with listings for the day and time of these clinic offerings. Sites include:

BAUER DRIVE Community Center
COFFIELD Community Center
DAMASCUS Community Center
EAST COUNTY Community Center
GERMANTOWN Community Center
LAWTON Community Center
LONGWOOD Community Center
POTOMAC Community Center
PRAISNER Community Center
UPPER COUNTY Community Center
WHEATON Community Center
WISCONSIN PLACE Community Center



55+ Clinics: Introduction to the Weight Room

Group instruction designed for active seniors. Learn weight room etiquette, use of cardiovascular equipment, weight machines and free weights to develop a challenging circuit training routine that you can continue on your own.

FREE but you must pre-register.

- **Germantown Community Center** Second Thursday of month, 10:00am June 10 276802 July 8 276803 August 12 276804
- **Praisner Community Center** Third Thursday of month, 10:00am June 17 276797 July 15 276800 August 19 276801
- Holiday Park Senior Center Fourth Thursday of month, 10:30am June 24 276796 July 15 276798 August 26 276799

You also have access to an exercise and weight room at any Community Center Monday-Friday; 9:00am-2:00pm at no cost (refer to Silver Sneaker Exercise Program). If you use the exercise rooms on other days and times at the community centers, you will have to purchase a regular season pass.

THE GO (AGE 55+)



Seniors: 240-777-4925

Silver Sneaker Exercise Program

Montgomery County Recreation Department has instituted a program for adults interested in a cardiovascular and resistance training regimen for health improvement. Now, county residents 55 years or older, may make use of any of our local MCRD Recreation Centers from 9:00am - 2:00pm, Monday - Friday at NO CHARGE. All you need to enjoy this program is our new free Silver Sneaker Membership. Just swipe it at the front desk of any of our 16 centers and work out to your heart's (and other muscles) content. Our weight and exercise rooms have some of the latest and best equipment for strengthening your muscles and your heart utilizing a personalized program designed to make your everyday activities, sports and recreational pursuits much easier. Facilities differ as to quantity and style of exercise machines available.

We also offer FREE Active Adults Fitness Clinics that include personal instruction in the basics of exercise and the proper use of the equipment (see page 74). Flyers for these fitness clinics are available at any recreation center. This FREE activity is a public service of Montgomery County Recreation Department and is available at the following locations:

BAUER DRIVE Community Center
CLARA BARTON Community Center
COFFIELD Community Center
DAMASCUS Community Cente
EAST COUNTY Community Center
GERMANTOWN Community Center
LAWTON Community Center
LONGWOOD Community Center

LONG BRANCH Community Center
MARILYN J. PRAISNER Community Center
PLUM GAR Community Center
POTOMAC Community Center
ROSS BODDY Community Center
UPPER COUNTY Community Center
WHEATON Community Center
WISCONSIN PLACE Community Center

Call 240-777-4922 or the Community Center you are interested in for more information.

WALK ... for the health of it! Indoor Walking Program

Check out these great opportunities for indoor walking that are offered at your local Community Centers where you can walk in climate controlled, secure buildings!

- ✓ No rain, ice, or other weather concerns, dogs, bugs or uneven walking surfaces.
- ✓ Access Card recommended or sign-in required. Just check in at the front desk, swipe your card and do your walking.
- ✓ Bring a friend and talk or maybe just listen to your radio with earphones.

This FREE activity is a public service of Montgomery County Recreation Department and offered at the following sites. (If Gym is unavailable, Social Hall may be used, if not in use):

BAUER DRIVE Community Center CLARA BARTON Community Center ROSS BODDY Community Center COFFIELD Community Center DAMASCUS Community Center EAST COUNTY Community Center GERMANTOWN Community Center GOOD HOPE Community Center



LAWTON Community Center
LONG BRANCH Community Center
LONGWOOD Community Center
PLUM GAR Community Center
POTOMAC Community Center
MARILYN J. PRAISNER Comm. Center
UPPER COUNTY Community Center
WHEATON Community Center
WISCONSIN PLACE Community Center

Call 240-777-4922 or the Community Center you are interested in for more information.



Senior Centers

Damascus Senior Center * + (M-F, 9:00am-4:00pm) 9701 Main Street, Damascus 240-777-6995

Gaithersburg Upcounty Senior Center * + (M-F, 8:30am-4:00pm)

80A Bureau Drive, Gaithersburg 301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * + (M-F, 9:00am-4:00pm & Sat, 9:00am-5:00pm)

3950 Ferrara Drive, Wheaton 240-777-4999

Long Branch Senior Center * + (M-F, 10:00am-2:00pm)

Long Branch Community Center 8700 Piney Branch Road, Silver Spring 240-777-6975

Margaret Schweinhaut Senior Center * + (M-F, 8:30am-4:00pm, Sat, 9:30am-3:00pm) 1000 Forest Glen Road, Silver Spring 240-777-8085

* Nutrition lunch program available

+ Limited transportation available

Seniors Today!

Watch **Seniors Today**, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6. Days and times are available by going to the **montgomerycountymd.gov** web site and looking at the program schedule schedule (click on County Cable 6).

Neighborhood Centers

If no phone number is listed, call the office at 240-777-4925.

Seniors: 240-777-4925

Bauer Drive (M 10:00am-2:00pm)

Bauer Drive Community Center, 14625 Bauer Drive, Rockville

Clara Barton (W 10:00am-2:00pm)

Clara Barton Community Center, 7425 MacArthur Boulevard, Cabin John

Clarksburg (W 10:00am-2:00pm)

Clarksburg Recreation Center, Route 355 at 22501 Wims Road, Clarksburg

Coffield (Tu, W, Th, 10:00am-2:00pm) Coffield Community Center,

2450 Lyttonsville Road, Silver Spring 240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County * + (Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring

3310 Gateshead Manor Way, Silver Spring 240-777-8093

Germantown + (M, Th, 10:00am-2:00pm) Germantown Community Center, 18905 Kingsview Road, Germantown 240-777-8098

Evergreen Prgrm (Tu, W, F, 9:00am-4:00pm) Germantown Community Center 240-777-8095

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Lawton (call for information)

Jane E. Lawton Community Recreation Center, 4301 Willow Lane, Chevy Chase 240-777-6855

Longwood Community Center

Longwood Community Center, 19300 Georgia Avenue, Brookeville

Potomac + (Tu 10:00am-2:00pm)

Potomac Community Center, 11315 Falls Road, Potomac

Praisner * + (Th 10:00am-2:00pm)

Marilyn J. Praisner Community Recreation Center, 14906 Old Columbia Pike, Burtonsville 240-777-4970

Ross Boddy *+ (W, Th, 10:00am-2:00pm) Ross Boddy Community Center,

18529 Brooke Road, Sandy Spring

Waverly House * (Th 10:00am-2:00pm) Waverly House Apartments 4521 East West Highway, Bethesda

Register online at montgomerycountymd.gov/rec

Special Activities and **Events**

Seniors: 240-777-4925

Listed below is just a small sampling of what is offered at the various sites listed on page 85. Call 240-777-4925 or visit a location to obtain more information on Senior Center and Neighborhood Programs.

DAMASCUS CENTER

9701 Main Street, Damascus, MD 240-777-6995

Calendar of Special Events

Prevention of Falls in the Home

Tuesday, June 8th, 2010, 1:00pm Sponsored by Shady Grove Hospital. A speaker from Shady Grove Hospital will be here to discuss how to prevent falls in the home. **Free**

Chef Sue's Annual Beginning of Summer Cookout!

Friday, June 11th, 2010, Noon Tony will prepare the hotdogs on the grill, and Chef Sue or Chef Diane will prepare Cheeseburgers, Potato Salad, Coleslaw, Watermelon, and Dirt Cake. Cost for those 55-59 is \$5.92. Those 60 and up, donations requested. Advanced registration required.

Ice Cream Social

Tuesday, June 22nd, 2010, 1:00pm The Ice Cream Social is sponsored by Jimmy Cone and Damascus Senior Center Sponsors Incorporated. **Free**

Wii Summer Games

Thursday, July 1st, 2010, 1:00pm Tony will facilitate WII games that will include Tennis, Golf, Tiger Woods Golf, Baseball, and Bowling. **Free**

Montgomery County Senior Fair Day

Tuesday, August 17th, 2010, 10:00am Montgomery County will host its' annual Senior Fair day at the Montgomery County Fair Grounds. All seniors are welcome to ride the bus and enjoy the day, but reservations are required as seats are limited. **Free**

Luau Luncheon

Friday, August 27th, 2010, Noon Chef Diane will cook a wonderful luncheon for all. Please make your reservation at the reception desk. Cost for those 55-59 full is \$5.92. Those 60 and up, donations requested. Register in advance.

LONG BRANCH CENTER

8700 Piney Branch Road, Silver Spring, MD 240-777-6975

Mother's Day Luncheon

Friday, May 7, 2010, 11:00am–2:00pm Honor the mothers in your life with entertainment and a special meal prepared by Chef Sia. Reservations required.

Learn Latin Dance with Annetta

Friday, May 21 & June 4, 12:00 pm Learn to salsa, meringue, bolero and others from expert instructor Annetta Sawyer. Dance is great exercise and lots of fun. **Free!**

What You Need to Know About Cholesterol

Knowing what those numbers mean can guide you to make the right choices in diet and exercise.

Tuesday, June 8, 11:00 am

Song for My Father

Friday, June 18, 10:30am - 12:00pm Celebrate Father's Day with a special brunch starting at 10:30 am accompanied by a jazz trio featuring singer Christiana Drapkin. **Free!**

Kids and Grands

Thursdays, July 1, 8, 15, 22, 29,11:00am Join in the Intergenerational fun! Artists and musicians from Arts for the Aging enhance the activities and encourage creativity. **Free!**

Senior Farmers Market

The Senior Farmers Market
Coupon Program will offer a limited
number of coupon vouchers for purchases
at Montgomery County farmer's markets for
use throughout the summer season. Coupons
will be distributed on a First-Come FirstServed basis on a scheduled date at many
county senior centers and senior programs at
neighborhood centers in June. Check with your
local senior center or call 240-777-3810 or
240-777-4925 for more information.

Senior Farmers Market

HOLIDAY PARK CENTER

3950 Ferrara Drive, Wheaton, MD 240-777-4999

Mix, Mingle & Music Popular Standards, Classical, Folk & Patriotic Music

The Piano Society of Greater Washington

May 18, Tuesday, 1:15 P.M. Plays a classical program for your listening pleasure.

Singer/Pianist Frank Plummer

May 28, Friday, 1:15 P.M. Entertains for your listening and dancing pleasure. \$2.00 at the door.

ISIS Trio.

June 10, Thursday, 1:15 P.M. Flutist Amy Thomas and her brother clarinetist David Thomas plus Pianist Virginia Lum perform a classical music program with music by Claude Debussy, Sergei Rachmaninoff, Ernest Bloch and more. \$1.00 at door.

Boys Night Out

Flag Day, Monday, June 14, 1:15 P.M. Provides a program of American bluegrass and folk music with songs from The American Songbook. \$1.00 at the door.

Singer/Pianist Dale Jarrett

Tuesday, June 29, 1:15 P.M. Sings songs of summer and Broadway show tune favorites. \$1.00 at the door.

Singer/Guitarist Steve Gellman

Friday, July 2, 1:15 P.M.

Sings a program of patriotic music including, "Oh Shenandoah."

\$1.00 at the door.

Singer/Guitarist Ellis Woodward

Monday, July 12, 1:15 P.M.

Brings us the best of Americana including favorite standards and folk songs from the 40s, 50s, and 60's.

\$1.00 at the door.

Singer Christiana Drapkin, guitarist Paul Wingo and bass player **Bob Shann**

Tuesday, August 24, 1:15 P.M. Entertains with a musical salute to American jazz standards in a program called, Something Cool. Song selections include "Summertime" and "Lazy Afternoon." \$1.00 at the door.

Jiggle Your Synapses... Take a Class!

Seniors: 240-777-4925

Learn More, Expand Your Horizons and Be All That You Can Be

The following classes begin in March and April.

Bridge – Summer Drop-in Social Party Bridge: Tuesday mornings and Friday afternoons.

Bone Building and Energizing Exercise Tone, strengthen, and stretch your muscle groups in an upbeat and fun class. 10 weeks \$36.00

Your Body Was Meant To Move –

Participate in a workout designed to increase balance, strength and agility. 8 weeks \$28.00

Total Workout – Enjoy a fun class that includes strengthening, stretching and cardio for moderate to advanced fitness levels. 8 weeks \$28.00

Beginning Ballroom Dance Summer Course-Learn basic steps of foxtrot, waltz, swing and cha cha for any special dancing occasion. No partner required. 10 sessions \$36.

Zumba Gold- Saturday - Zumba dancing is a fusion of Latin and International music and dance themes creating a dynamic, exciting, and effective dance fitness program. 6 weeks \$33.00.

Conversational Spanish Summer Review – Saturday mornings - 6 weeks \$18

Bridge – Learn bridge basics and beyond. Holiday Park's bridge education program is renowned countywide.

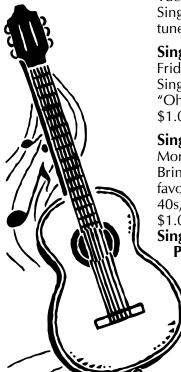
8 weeks \$80.00

SeniorTech Computer Training A Partnership of ICA (Jewish Council for the Aging) and Holiday Park

Everyone Can Become Computer Savvy Computer Classes For All Abilities and Interests.

- Computer Basics,
- Windows Intermediate
- Introduction to Digital Photography,
- Introduction to the Internet, E-Mail Essentials

A computer course catalog is avaliable at the Holiday Park reception desk jor call the JCA for fees and class avaliability: 24-395-0915.



MARGARET SCHWEINHAUT CTR.

1000 Forest Glen Road, Silver Spring, MD 240-777-8085

Seniors: 240-777-4925

Music Flourishes & Blooms On

Ziona Tuchler

Friday, May 7, 1:00 p.m. Demonstrates and teaches a menu of ballroom dances – cha-cha, foxtrot, swing and lots of fun dance steps to get you movin' and groovin'. **Free.**

Karen Devitt

Friday, May 14, 1:00 p.m. Pianist, songstress and professional recording artist shares her wonderful repertoire of jazz, show tunes, Brazilian samba, Broadway standards, and more. **Free.**

Banier Dan

Friday, May 21, 1:00 p.m. Plays his banjo and guitar and will keep you strummin' and singin' to your favorite country music. **Free.**

Happy Birthday USA!

Friday, July 2, 1:00 p.m. Celebrate in style with Christina Drapkin, noted jazz vocalist. In the rich tradition of Billie Holiday, Ella Fitzgerald and Carmen McRae – Christina will serenade with a menu of great jazz standards. **Free.**

Cathleen Kenny

Friday, July 16, 1:00 p.m. Mezzo Voce, will feature Big Band, Broadway, Movie, lite-standards for your musical pleasure. **Free.**

Ted Jacobson's Vaudeville Venue.

Friday, September 10, 1:00 p.m. Enjoy Ted's trumpet virtuoso accompanied by his "shtick" and comedy galore. **Free.**

Healthy Happy You

Massage Self-Care-Techniques

Tuesday, June 8, 10:30 a.m. Healing Through Touch. Presented by Holy Cross Hospital Community Health. Free!

Save Your Own Skin

Tuesday, June 22, 10:30 a.m. Presented by Adventist Hospital. **Free.**

Wii in Summer

Wed., July 14, Noon to 3 p.m. Participate in an afternoon of interactive fun – bowl, golf, and play tennis – with no sweat! Pre-reg. @ 240-777-8085 for a fun and fabulous time. Space limited. **Free.**

Stop the Clock!

March 2, 2010, 10:30 am.

Of Special Interest

Better Balance Classes

March 15 - June 7, 2010, 10:45 am -11:45 am. Participants are chosen from the required testing on March 3.

Driver Safety

Monday, June 21 and August 16, 10 a.m. – 3 p.m. Sponsored by AARP. Fee \$12.00. For information on more courses and classes, please call the Center.



SECOND HAND ROSE Friday, July 16th 1:30 - 3:30pm

Holiday Park Center and NAMI of Montgomery County (National Alliance on Mental Illness) co-sponsor a fanciful fashion show with theme clothes that represent our busy lifestyles and include:

Evening Clothes modeled to the music, Putting On the Ritz
Work Clothes, to the music Hi Ho, Hi Ho It's Off to Work We Go
Play Clothes (for when we are out and about), to the music Wink and a Smile
Great Dating Clothes, to the music Boogie Shoes and last but not least
Summer Fun Clothes, to the music Under the Boardwalk

Music will be provided by the great trombonist Seymour Greene and Friends including vocalist Jinny Marsh, pianist Andy Zatman and more. Outfits are provided by NAMI's Thrift Shop. Anyone wishing to help model clothes (men too, please) should call Holiday Park Center by June 18 (240-777-4966). This event will support the Mental Health Services of MC and the NAMI Thrift Shop. Tickets: \$6.00, available July 1. Space limited.

Welcome to the SOAR Program!

SOAR is the Montgomery County Department of Recreation's "Senior Outdoor Adventures in Recreation" program. It is a program designed for active adults age 55 and over. Each activity or trip requires a substantial amount of walking and/or physical exertion. Program participants should be in good physical condition and consult with their physician if they have any concerns before registering/participating in an activity. All travel is by motor coach unless otherwise noted. Interested individuals should call 240-777-4925 to have a SOAR brochure mailed to them in order to access DETAILS FOR EACH TRIP, INCLUDING REFUND POLICIES. Please Note: The registration and refund policies for this program vary from those listed elsewhere in this publication.

Registration for these trips will start on Wednesday, May 12.



Riverboat Cruise aboard the Paddle-wheeler Dorothy Megan on the Choptank and Warwick Rivers. Plus, tour a Bison Ranch and Visit Blackwater National Wildlife Refuge.

We'll begin our trip with a tour of the SB Bison Ranch in Hurlock, MD on the Eastern Shore. See a herd of about 70 head of bison. Learn about how they are raised and get a close up look at them from a

tractor driven wagon. Bring your cameras. We will then board the paddle-wheeler for a two-hour cruise that includes a crab cake lunch with dessert, and a non-alcoholic beverage. Our guide on board will relate tales of the old "steamboating" days on the river. We'll then tour the Blackwater National Wildlife Refuge with a guided tour of Wildlife Drive with a Park Ranger.

Trip No: 2783346 Thursday, June 24

Fee: \$75 Leave 8:15 am, Return 5:30 pm

Paddlewheel Riverboat Cruise Around Baltimore's Inner Harbor and a Crab Feast

Enjoy a sumptuous crab feast (included) aboard the Black-Eyed Susan paddle-wheel riverboat as we take a two-and-a- half hour narrated cruise around the historic sights of Baltimore's Inner Harbor. Enjoy crab soup, a cubed cheese display, and warm spinach and artichoke dip with French baguettes upon boarding. A buffet of roast beef, fried chicken, corn on the cob, garden salad, and rolls is next. World famous



Seniors: 240-777-4925

Maryland style spicy steamed hard shell crabs (US #1) will be served family-style. Dessert will be seasonal fresh fruit. Iced tea, lemonade and fresh brewed Columbian coffee are included.

Trip No: 278347 Thursday, July 8 Fee: \$85

Leave 1:15pm, Return 6:30pm

Live life to the fullest!





Seniors: 240-777-4925

Skipjack Boat Tour on Chesapeake Bay & St. Michaels

Take a two-hour sail on a sloop-rigged skipjack which is used as an oyster dredger during the oyster season. Enjoy the Bay's wild beauty, experience an oyster dredging demonstration, listen to the Captain discuss the Bay's ecology and the culture of the waterman. All this is aboard a Coast Guard Certified wooden sailing ship, whose type has been designated as the official Maryland State boat. Lunch (on own)

and sightsee in St. Michael's when not sailing. Wear sneakers, or boat shoes (no slippery soled shoes, please!)

Trip No: 278350 Wednesday, July 28 Fee: \$59

Leave 7:30am, Return 5:30pm

"Port of Call Tour" on the Maryland Eastern Shore, Including a Boat Tour on the Tred Avon River and Riding Tours of Historic Oxford and Easton.

A New Tour! We'll begin in historic Oxford, the first port of entry in the Tidewater area, with a tour of this charming town and a visit to the Oxford Museum. Next is a crab cake lunch, included, at the Masthead Restaurant which was used in the film Failure to Launch. Then board the Express Royale for a delightful narrated cruise on the Tred Avon



River to Easton. Enjoy the many historical and cultural points of interest in Easton during a riding tour, including the Third Haven Friends Meeting House built in 1682. Experience a snapshot of colonial life in the 18th and 19th centuries during a visit to the Historical Society of Talbot County. fighters, the Enola Gay, the Concorde, hundreds of vintage aircraft, and spacecraft including the space shuttle Enterprise. Lunch (on own) on premises.

Trip No: 278348 Wednesday, July 21 Fee: \$82 Leave 8:00am, Return 5:00pm Trip No: 278349 Thursday, July 22 Fee: \$82 Leave 8:00am, Return 5:00pm



Canoe Trip through the Jug Bay Wildlife Sanctuary

Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. The naturalist will make commentaries on the waterfowl and plant life of the wetlands as we canoe. For canoeists of all ability levels. Bring a bag lunch and enjoy the peace and solitude of this lovely area. Travel by air-conditioned van.

Trip number: 278351 Wednesday, August 4

Leave 8:15am, Return 3:30 pm

Thursday, August 5

Leave 8:15am, Return 3:30 pm

Fee: \$35 Trip No: 278352 Fee: \$35







Boat Trip to Tangier Island on the Chesapeake Bay

Enjoy a leisurely drive in an air-conditioned Motorcoach to Crisfield, MD on the eastern shore of the Chesapeake Bay. Then board the super cruise ship, the Steven Thomas, for a relaxing one-hour-and-fifteen minute trip to historic Tangier Island, which was discovered by Captain John Smith. Tangier is an unspoiled fishing village with quaint narrow streets and is the "soft shell crab capital" of the United

States. A family style seafood lunch, featuring crab cakes, clam fritters, Virginia Ham, corn pudding, vegetables, homemade rolls and pound cake, and coffee/tea, at the famous Chesapeake House is included. Afterwards, take a guided stroll through the narrow streets of this unique and picturesque island.

Trip No: 278353 Thursday, August 12 Fee: \$76

Leave 8:45am, Return 8:15pm

Boat Tour of Chesapeake Bay Lighthouses

Embark from Tilghman Island on a voyage of discovery aboard a 36-foot former US Navy special operations vessel with professional captain and mate. Listen to a narration of the storied history of the Bay and its lighthouses on a 2 ½ hour boat tour of the Sharps Island or Bloody Point, and Thomas Point lighthouses. There is ample shade and a restroom on board. Coast Guard certified. Lunch (on own) and sightsee in St. Michaels when not boating.

Trip No: 278354 Wednesday, August 18 Fee: \$75 Trip No: 278355 Thursday, August 19 Fee: \$75

Leave 7:30 pm, Return 5:30 pm



Seniors: 240-777-4925



Visit Mount Vernon Estate & New "Museum of George Washington" Via Spirit Cruise Ship

Cruise to Mt. Vernon via the Potomac River aboard a cruise ship with its outdoor decks, air-conditioned interiors, and panoramic windows. While cruising, the captain will give a narrated tour past the Federal Monuments, Fort McNair, the Torpedo Factory, National Airport, and Old Town Alexandria. Then enjoy two hours to explore and tour the Mount Vernon mansion, its gardens and the new George Washington

Museum, on your own (admission included). Lunch (on own) at Food Court at Mount Vernon, or snack bar aboard ship, or bring your own lunch. (This trip requires substantial walking on hilly terrain.)

Trip No: 28356 Thursday, August 26 Fee: \$79

Leave 7:00 pm, Return 4:00 pm

Walking Tour of Harper's Ferry, West Virginia

Walk the historic part of town led by a National Park Service Ranger. Hear the history of Robert Harper's ferry service, and John Brown's raid. Then take a guided hike to Jefferson's Rock which Thomas Jefferson declared to be "a stupendous scene in nature," to view the Potomac and Shenandoah Rivers crashing their way through the mountains and converging below. Buffet lunch (included) at the Quality Hotel.

Trip number: 278357 Wednesday, September 1 Fee: \$59

Leave 8:15am, Return 4:15pm





Seniors: 240-777-4925

Sailing Trip on the Sultana, a Reproduced 18th Century Schooner in Chestertown, MD

Sail on the Sultana, the full-scale reproduction of an 18th Century Royal Navy schooner that we witnessed being built on previous trips to Chestertown. Experience life on board ship as it was in the 18th Century. Coast Guard certified with a professional crew. When not sailing, enjoy a guided tour of Chestertown, one of the best preserved colonial ports in America. A crab cake lunch is included.

Trip No: 278358 Wednesday, September 15 Fee: \$78

Leave 7:30 pm, Return 5:30 pm

The Amish Experience – A tour of Amish Sites around Lancaster, PA.

A New Tour! Enjoy the Amish Experience on a professionally guided riding tour around the Amish countryside. View an "experiential theater" film that tells the story of an Amish Family from Europe to America. The special effects take each spectator into the world of the Amish. You'll take a guided tour of Amish Farmlands



to learn of the beauty of the Amish countryside. Not much has changed on their back roads ...horses plow the fields and buggies clip-clop down the road. The guide will point out and explain many aspects of Amish life with interesting local stops. You'll enjoy a "Family Style Meal", included, that features a sampling of local specialties. The food is all part of the experience. Take an Amish house tour designated a "Heritage Site." Enjoy the "lived-in" look of the house as you walk through nine rooms. Your guide will answer the "how" and "why" that baffles many visitors about Amish dress and life without electricity. An autographed Amish Cookbook is inc. as a souvenir.

Trip No: 278359 Thursday, September 23 Fee: \$75

Leave 7:30 pm, Return 6:30 pm

Celebrate the Creativity of Older Adults

Montgomery's Got Talent!

The Premier Talent Competition For Those 55 + Enjoy Singers, Dancers, Musicians, & More!

Saturday, May 22 ~ **11:00** am

THE BETHESDA THEATRE
The Classic 1938 Art Deco former movie palace in downtown Bethesda

7719 WISCONSIN AVENUE, BETHESDA 20814

Tickets \$5.00 available at Holiday Park Multiservice Senior Center,

Margaret Schweinhaut Senior Center, Rockville Senior Center, Damascus Senior Center. Limited number will be available at the door. For more information, call 240-777-8086.

Information and Displays About The Arts in Montgomery County

Theres No Business Like Show Business

Proceeds from the contest and finals will benefit Haitian seniors and Montgomery County's Arts Education Alliance for Older Adults

Summer 2010 NEAT (New Exciting Adult Travel) Trips

Montgomery County Recreation is now offering a variety of trips to new and exciting destinations for those 55+ this summer. All trips include chartered bus transportation and meals and admissions as noted. More detailed information is available by calling 240-777-4925. You may register for these trips on-line at http://recweb.montgomerycountymd.gov, Fax your registration form to 240-777-6818, or mail it in or walk it in to our main offices at 4010 Randolph Road, Silver Spring, MD, 20906. For registration questions, refund policies, etc., please call 240-777-6840.

Brandywine River Museum & Winterthur Estate & Gardens

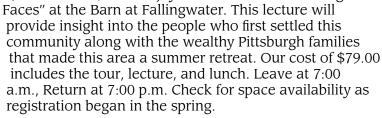
Trip No: 270772 Thursday, May 13

Enjoy a fun-filled day in the Brandywine River Valley as we first travel to the Brandywine River Museum, located in Chadds Ford, PA. Here you'll have the opportunity to tour this famous museum- home of the Wyeth family collection- at your own pace using an audio wand (included). You'll then have some time to stroll the grounds and have a lite lunch (inc.) in the museum's café. Then, we'll head to Winterthur, the country home of Henry Francis du Pont. Built in the style of many 18th & 19th century European country homes, you'll have the opportunity to tour the home, take a trolley tour of the beautifully landscaped grounds, and then have time to explore the 60 acres of gardens on your own. Our cost of \$76.00 also includes admissions at both sites. Leave at 7:15 a.m., Return at 6:15 p.m. Check for seat availability. Registration began in the spring.

Frank Lloyd Wright's "Fallingwater"

Trip No: 270773 Friday, June 4

Join us as we travel to southwestern PA for a visit to the famous Frank Lloyd Wright designed house, Fallingwater. Our day will start at the Visitor's Center, where will be divided into small groups to visit the house with an experienced guide. Our tour will last approximately one hour and will visit all of the major rooms of the house. Then, you'll have some time to walk the grounds and meet back at the Visitor's Center, where you'll have time for a quick lunch (inc.). After lunch, we'll enjoy a lecture entitled "Fallingwater"



Seniors: 240-777-4925

Kennedy Center- "Mary Poppins"

Trip No: 278369 Wednesday, August 18

What better way to while away a summer afternoon than singing the songs of this wonderful, timeless musical? You'll be sure to be humming tunes like "A Spoonful of Jelly," "Let's Go Fly A Kite," "Step In Time," "Jolly Holiday," and of course "Chim Chim Cher-ee," and "Supercalifragilisticexpidalidocious!" It's a show you won't want to miss! Our cost of \$99.00 per person includes the show ticket and chartered bus transportation. Tickets are limited so plan to sign up earlier! Leave at 11:45 a.m., Return at 5:45 p.m. Registration begins May 12th.

Outdoor Activities for Active Adults 55 and Older

Explore some of the great natural resources and outdoor activities available in our area with experienced staff from Montgomery County Department of Recreation. With a small group of other active adults take a hike, try out a sea kayak or canoe, or explore a State Park. If you are ready for fun and challenging activities, one of our trips could be for you. Transportation by county van from Holiday Park Sr. Center or meet us at the site. Call 240-777-6895 or e-mail matt.rowe@montgomerycountymd.gov for more information and additional upcoming trips.



Overnight Sea Kayak Trip – Point Lookout State Park

Spend two days exploring the waters around Point Lookout. This is a great place to paddle with both interesting protected and open water in the mouth of the Potomac River and the Chesapeake Bay. Cost includes: van transportation, kayaks and equipment, camp dinner on 5/20 and breakfast and lunch on 5/21. You can camp with us in the park (tents provided, picnic tables, & showers) or you can stay at a nearby motel on your own. We'll provide the name and phone number if you call us.

Course #: 278795

Seniors: 240-777-4925

May 20-21

Lv. 7am 5/20, Ret. 7pm 5/21

\$200

Patuxent River Water Trail by Kayak – From Route 3 to Queen Ann's Bridge

Check out the recently developed Patuxent Water Trail. This section is a small river in a woodland setting with moderate current. Gravel riffles and log strainers add to the interesting scenery. Bring a bag lunch and plenty of water.

Course #: 278796

May 25

7:00am-4:00pm

\$45

Patuxent River Water Trail by Kayak - From Magruder's Ferry to Benedict

This is a trip through some of tidal areas of the river. The river is smaller than upstream Jug Bay but opens up again as we reach Benedict. There is only a mild tidal current in this section.

Course #: 278797

June 8

7:00am-4:00pm

\$45

Potomac River Kayaking Overnight - Paw Paw, WV

This is a very scenic section of the Potomac River where is flows past Greenridge State Forest. There is a moderate current, many gravel bars and small riffles as we paddle our way from Paw Paw, West Virginia, to Little Orleans MD. We will tent camp at a C&O Canal hiker-biker campsite with well water, porta-john and picnic tables. We will carry our food and equipment with us. Bring a lunch and plenty of water. Includes dinner on 6/10 and breakfast and lunch on 6/11.

Course #:278798

June 10-11

Lv. 7am 6/10, Ret. 7pm 6/11.

\$200

Introduction to River Kayaking

This is an introduction to kayaking in currents. The first day will primarily be instruction and the second day will (primarily) be a trip down the river.

Course #: 278799

lune 15-17

9:00am-3:00pm (each day)

\$90

Kayaking: Potomac River - Moving Water from Angler's Inn to Carderock

Join us for relaxing paddle with some easy class one and two rapids.

Course #: 278800

lune 22

8:00am-4:00pm

\$45

THERAPEUTIC RECREATION

Mission Statement

National

12 - 18

Therapeutic

Week: July

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

VIP Children's Day at the Fair

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg. The Children's Day at the Fair Committee is asking for help in identifying children who would benefit from this program. In order to be selected as a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and fourteen youars old and must have a severe disability or life-threatening illness. The family must also be able to attend the Fair on Monday, August 16 as honored guests. If you know of a child or children (who have not previously been a VIP) who you feel would benefit from this very special program, please call 240-777-6870 for an application form.

1 Session \$0

278999 Mont. Co. Fair 8/16 M 9:00am - 2:00pm

Fun Rhythm & Roll

Ages 15 and up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Designed especially for individuals with developmental disabilities. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to indicate basic wants and needs and follow one- and two-step instructions.

6 Sessions \$75

Instructor: Sue E. Green 279009 Holiday Park Snr Ctr 7/10 Sa 10:00am -10:45am

E-Z Hip Hop

Ages 15 and up with disabilities: Introduction to fresh and exciting dance moves to the beat of hip hop music. Designed especially for teens and adults with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions. Instructor: Sue Green

6 Sessions \$45

Instructor: Sue E. Green
279010 Holiday Park Snr Ctr 7/10 Sa 11:00am -11:45am

Moving With Multiple Sclerosis

TR Team: 240-777-6870/TTY: 240-777-6974

Ages 18 and up, Multiple Sclerosis, Exercise helps maintain flexability in joints and muscle strength, relaxes the body, and promotes a sence of well being. Discussions will focus on ways to keep exercising outside of the class.

6 Sessions \$38

278745 Germantown CC 5/23 Su 1:00pm - 2:30pm

Adult Swim

Ages 18 and up with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions \$37 Instructor:

 278741
 Swim:MLK Ctr
 6/22
 Tu
 8:00pm -9:00pm

 278743
 Swim:Gtown InSwC
 6/23
 W
 8:30pm -9:30pm

 278742
 Swim:Mont Aq Ctr
 6/24
 Th
 8:30pm -9:30pm

 278744
 Swim:Olney SwCtr
 6/25
 F
 7:00pm - 8:00pm

Karate for Individuals with Disabilities

Ages 6 & Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination . Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI(uniform). New students attend 9:00 class.

10 Sessions \$90

Instructor: Company Staff: TKA, Inc.
278791 Holiday Park Snr Ctr 6/5 Sa 9:00am - 9:45am
278792 Holiday Park Snr Ctr 6/5 Sa 10:00am -10:45am

Slow 'n Easy Aerobics

279008 Bauer Drive CC

Teens and adults, ages 15 and up with disabilities. Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one and two step instructions. 1 staff to 10 participants.

 6 Sessions
 \$28

 279005
 Wheaton CC
 6/28
 M
 7:00pm - 8:00pm

 279006
 Potomac CC
 6/29
 Tu
 7:00pm - 8:00pm

 279007
 Damascus CC
 7/1
 Th
 7:00pm - 8:00pm

Th

7:00pm - 8:00pm

7/1

VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program. Provide assistance in a Therapeutic Recreation program. Student volunteers are eligible for SSL hours. Training provided.

Call the Volunteer Coordinator at 240-777-6870



PROGRAMS

TR Team: 240-777-6870/TTY: 240-777-6974

MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services. Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 240-777-6870, TTY 240-777-6974, to schedule an intake

for accommodations needed. Email: mainstream@montgomerycountymd.gov.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

RecWeb...easy, fast, secure!

montgomerycountymd.gov/rec

Therapeutic Recreation

Special Events!

For teens and adults, ages 15 and up, with disabilities. DJ, light refreshments, and opportunites for socialization. Transportation must be arranged prior to the event, with pick-up at 10:00pm. Bring ID for check in. A REGISTRATION FORM IS NOW REQUIRED.

PLEASE PREREGISTER. Cost: \$8.00 club members; \$10.00 non-club members

American Pride Dance

279000 - Holiday Park Senior Center Saturday, July 17 7:00pm -10:00pm

Backyard BBQ

279001 - MCRD Offices Saturday, August 7 4:00pm - 7:00pm



4 Ways to Register!

RecWeb

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

Fax

240-777-6818. Available 24 hours a day, 7 days a week. Stored and processes in a secure environment.

Mail

New centralized address:

Registrar, Montgomery County Department of Recreation, 4010 Randolph Road, Silver Spring, MD 20902

Walk-in

While you wait! Registrations will be processed at the following locations:

- Recreation Department Administration Building 4010 Randolph Road, Silver Spring, MD 20902
- Recreation Indoor Pools (see page 7)
- Recreation Department Regional Offices (see page 99)

For more information, visit our website at www.montgomerycountymd.gov/rec or call our Customer Service Department at 240-777-6840

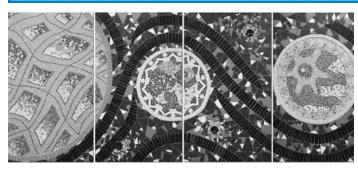


Your credit card Security is important to us!

"The Montgomery County Department of Recreation offers a variety of ways to register for its many programs and services. While we take fun seriously, we are also serious about protecting your personal information. It is our goal to provide you with an efficient and secure registration process. We appreciate your business!"

-Gabriel Albornoz, Director





Programs for New Americans

English as a Second Language (ESOL): Attend classes for Beginning, Intermediate and Advanced levels taught on weekdays by Montgomery College and on Saturdays by Gilchrist Center Volunteers. FREE.

Clases de inglés para niveles básico, intermedio y avanzado. ¡GRATIS!

English Conversation Attend classes for advanced beginning, intermediate and advanced levels offered on an ongoing basis. Call for details. Drop-ins welcomed. FREE.

Everyday English for Absolute Beginners Learn basic vocabulary and conversational survival English skills in this 6-week program. Registration required. FREE.

Citizenship Preparation Program Classes and tutoring for persons 55 + who are preparing for U.S. citizenship offered in Wheaton and Germantown. FREE.

Pro Bono (Free) Legal Clinic The Montgomery County Bar Foundation offers legal consultations twice a month, on a first-come, first-served basis in Wheaton and Germantown. Call for dates and times. FREE.

Consejos legales en Wheaton y Germantown. ¡GRATIS!



About the Gilchrist Center for Cultural Diversity

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering multicultural understanding among residents and creating an inclusive society in Montgomery County. The Center offers a variety of programs in our Wheaton office and other community locations to support residents and to celebrate the diversity of our community. These programs and services include acculturation programs and services for newcomers; information and referral to County and other community services, and programs that highlight the County's diversity, its cultural wealth, and uniqueness.

The Gilchrist Center provides the following programs and services:

Cultural/Educational Programs

¡Hablemos! Attend the ongoing weekly Spanish Conversation Club. Drop-ins welcomed. Free.

Spanish 101/102 Learn basic vocabulary and conversational Spanish skills in 8 weeks. Registration fee required: \$25 for residents and \$35 for non-residents.

Basic Computers Classes for beginners taught in English, Spanish and French. Registration fee required: \$15 for residents and \$25 for non-residents.

Clases de computación básica en español. Classe d'informatique elementaire en Français.

"GO" Club The Arthur Lewis Go Club invites you to learn this ancient strategy game! Ongoing. Drop-ins welcomed. FREE.

Volunteer Opportunities

The following volunteer positions are available:

- Information & Referral Assistant
- ESOL Instructor/Instructor Aide
- Basic Computer Instructor/Instructor Aide (English/Spanish/French)
- Spanish Instructor (Language/Culture/Literacy)
- Event Helper

We provide SSL hours!

For more information about Gilchrist Center programs, schedules and registration, please call 240-777-4940.

Wheaton Location

Germantown Location

12900 Middlebrook Rd., Ste 1100 Germantown, MD 20874

Call 240-777-4940 for information

Mid-County Community Center opening in 2010!!



- Weight Training Treadmills
- **○Drop-In Basketball ○Volleyball**
 - AerobicsYogaKarate
 - Dance Computer Lab
 - Instruction Classes for Tots and Teens Pottery
 Painting Cooking Classes
- Space for your meetings, parties, weddings, and more!













Celebrate your special occasion in one of our Community Recreation Centers

We Rent for Your Event!

Birthday Parties!

After Prom Dances!

Wedding Receptions!

Anniversaries!

Bar/Bat Mitzvahs!

Retirement Parties!

Cultural Celebrations!

Meetings





Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland.

You are limited only by imagination and creativity.

Rent these Spaces for Your Special Event . . .

Gymnasiums! Social Halls! Art Rooms!

> Conference Rooms! Lounges!

To rent a space, contact one of our Community Centers listed on page ??. online at montgomerycountymd.gov/rec

Recreation Service Regions

The Department of Recreation has four regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

DC Down-County

Bethesda, Chevy Chase, Potomac 11315 Falls Road, Potomac, Friendship Heights

EC East County

Briggs Chaney, Burtonsville, Fairland, NE Silver Spring 14906 Old Columbia Pike, Burtonsville

MC Mid-County

Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville 4010 Randolph Road, Silver Spring

UC Upcounty

Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah 12900 Middlebrook Road, Germantown

240-777-6900

UC

 $V_{IRGINIA}$

240-777-4980

240-777-4930

240-777-6940

Aquatic Centers: See page ?. Senior Centers: See page ??. Other Locations: See page ???.

DC 14

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRCs can also be rented. Call for specific hours and availability.

- NEW
- 1 Bauer Drive Community Center 240-777-6922

14625 Bauer Drive, Rockville

2 Charles Gilchrist Center for Cultural Diversity 240-777-4940

11319 Elkin Street, Wheaton

- 3 Clara Barton Community Center 301-229-0010 7425 MacArthur Boulevard, Cabin John
- 4 Damascus Community Center 240-777-6930 25520 Oak Drive, Damascus
- 5 East County Community Center 240-777-8090 *

3310 Gateshead Manor Way, Silver Spring

- 6 Germantown Community Center 240-777-8095* 18905 Kingsview Road, Germantown
- Gwendolyn Coffield Community Center 240-777-4900
 2450 Lyttonsville Road, Silver Spring
- 8 Good Hope Community Center 240-777-8055 14715 Good Hope Road, Silver Spring
- Jane E. Lawton Community Center 240-777-6855 4301 Willow Lane, Chevy Chase
- Long Branch Community Center 240-777-6965 8700 Piney Branch Road, Silver Spring

- Longwood Community Center 240-777-6920 19300 Georgia Avenue, Brookeville
- Marilyn J. Praisner Community Rec. Center 240-777-4970 14906 Old Columbia Pike, Burtonsville
- 13 Plum Gar Community Center 240-777-4919 19561 Scenery Drive, Germantown
- Potomac Community Center 240-777-6960
 11315 Falls Road, Potomac
- Ross J. Boddy Community Center 240-777-8050
 18529 Brooke Road, Sandy Spring
- **16** Scotland Community Center 301-983-4455 7700 Scotland Drive, Potomac
- Upper County Community Center 240-777-8077
 8201 Emory Grove Road, Gaithersburg
- Wheaton Community Center 240-777-8057 * 11711 Georgia Avenue, Wheaton
- Wisconsin Place Community Rec. Center 240-777-8088 * 5311 Friendship Boulevard, Chevy Chase
- = New phone number





Montgomery County Golf • •







Get Golf Ready

These classes are geared toward the beginning golfer. Key elements to be covered include basic swing fundamentals, history of the game, golf course etiquette, safety, rules, and general course information. This program is run in conjunction with the PGA of America. For more information, visit www.PGA.com. Class size: minimum 4 people, maximum 10. Cost is \$99.00 per person. Register for any of our sessions must be made online at www.getgolfready.com. Inclement weather policy: please contact the Golf Shop to determine the status of class.



Registration must be done through the website at www.GetGolfReady.com

	Get Gol Class #	f Ready Sessio Day	ons: Time	Dates
Northwest	3	Monday	6:30 - 7:45 p.m.	May 17, 24, 31, June 7, 14
	4	Monday	6:30 - 7:45 p.m.	June 28, July 5, 12, 19, 26
	5	Friday	6:00 - 7:15 p.m.	July 16, 23, 30, Aug. 6, 13
	6	Friday	6:00 - 7:15 p.m.	Aug. 27, Sept. 3, 10, 17, 24
	7	Monday	6:30 - 7:45 p.m.	Sept. 20, 27, Oct. 4, 11, 18
Hampshire	3	Tuesday	6:30 – 7:45 p.m.	May 4, 11, 18, 25, June 1
Greens	4	Thursday	6:30 – 7:45 p.m.	May 20, 27, June 3, 10, 17
	5	Tuesday	6:30 – 7:45 p.m.	June 15, 22, 29, July 6 &13
	6	Thursday	6:30 – 7:45 p.m.	July 1, 8, 15, 22, 29
	7	Tuesday	6:30 – 7:45 p.m.	July 27, Aug. 3, 10, 17, 24
	8	Thursday	6:30 – 7:45 p.m.	Aug. 12, 19, 26, Sept. 2, 9
	9	Tuesday	6:30 – 7:45 p.m.	Sept. 7, 14, 21, 28, Oct. 5
	10	Thursday	6:30 – 7:45 p.m.	Sept. 23, 30, Oct. 7, 14, 21
Falls Road	4	Thursday	6:30 – 7:45 p.m.	May 20, 27, June 3, 10, 17
	5	Saturday	8:30 – 9:45 a.m.	May 29, June 5, 12, 19, 26
	6	Sunday	8:30 - 9:45 a.m.	May 16, 23, 30, June 6, 13
	7	Thursday	6:00 - 7:15 p.m.	July 1, 8, 15, 22, 29
	8	Saturday	8:30 - 9:45 a.m.	July 10, 17, 24, 31, Aug. 7
	9	Sunday	8:30 - 9:45 a.m.	June 27, July 4, 11, 18, 25
	10	Thursday	6:00 - 7:15 p.m.	Aug. 12, 19, 26, Sept. 2, 9
	11	Saturday	6:00 - 7:15 p.m.	Aug. 21, 28, Sept. 4, 11, 18
	12	Sunday	8:30 – 9:45 a.m.	Aug. 8, 15, 22, 29, Sept. 5
Needwood	4	Wednesday	6:30 – 7:45 p.m.	May 5, 12, 19, 26, June 2
	5	Tuesday	6:30 - 7:45 p.m.	May 11, 18, 25, June 1, 8
	6	Saturday	8:30 – 9:45 a.m.	May 29, June 5, 12, 19, 26
	7	Wednesday	6:30 – 7:45 p.m.	June 16, 23, 30, July 7, 14
	8	Tuesday	6:30 - 7:45 p.m.	June 29, July 6, 13, 20, 27
	9	Saturday	8:30 - 9:45 a.m.	July 10, 17, 24, 31, Aug. 7
	10	Wednesday	6:30 - 7:45 p.m.	July 21, 28, Aug. 4, 11, 18
	11	Tuesday	6:30 - 7:45 p.m.	Aug. 10, 17, 24, 31, Sept. 9
	12	Saturday	8:30 – 9:45 a.m.	Aug. 21, 28, Sept. 4, 11, 18
	13	Tuesday	6:00 - 7:15 p.m.	Sept. 21, 28, Oct. 5, 12, 19
	14	Wednesday	6:00 – 7:15 p.m.	Sept. 15, 22, 29, Oct. 6, 13
	15	Saturday	9:00 – 10:15 a.m.	Oct. 2, 9, 16, 23, 30

"Keep Golf Going"

These classes are geared toward the advanced beginner and intermediate golfer. Brush up on the key elements listed above and focus on short game, fine-tuning your swing, revisit chipping, and stay golf ready for the 2010 season. Class size: minimum 4 people, maximum 10. Cost is \$99.00 per person. Register for any of these sessions by calling the golf course. Inclement weather policy: please contact the Golf Shop to determine the status of the class.

This is a great follow-up program for Get Golf Ready graduates.

	Class #	Day	Time	Dates
Northwest	2	Wednesday	6:30 - 7:30 p.m.	May 19, 26, June 2, 9
	3	Friday	6:00 - 7:00 p.m.	June 4, 11, 18, 25
	4	Wednesday	6:30 - 7:30 p.m.	July 7, 14, 21, 28
	5	Monday	6:30 - 7:30 p.m.	Aug. 9, 16, 23, 30
	6	Friday	6:00 - 7:00 p.m.	Oct. 1, 8, 15, 22
Hampshire	1	Wednesday	6:00 – 7:00 p.m.	May 12, 19, 26, June 2
Greens	2	Wednesday	6:00 - 7:00 p.m.	June 16, 23, 30, July 7
	3	Wednesday	6:00 – 7:00 p.m.	Aug. 4, 11, 18, 25
Falls Road	5	Sunday	10:00 – 11:00 a.m.	May 16, 23, 30, June 6
	6	Monday	6:30 - 7:30 p.m.	May 31, June 7, 14, 21
	7	Saturday	10:00 – 11:00 a.m.	June 5, 12, 19, 26
	8	Sunday	10:00 – 11:00 a.m.	June 27, July 4, 11, 18
	9	Monday	6:30 - 7:30 p.m.	June 28, July 5, 12, 19
	10	Saturday	10:00 – 11:00 a.m.	July 10, 17, 24, 31
	11	Saturday	10:00 – 11:00 a.m.	July 24, 31, Aug. 7, 14
	12	Monday	6:30 - 7:30 p.m.	Aug. 2, 9, 16, 23
	13	Saturday	10:00 – 11:00 a.m.	Aug. 28, Sept. 4, 11, 18
	14	Monday	6:00 – 7:00 p.m.	Oct. 2, 9, 16, 23
Needwood	3	Thursday	6:30 – 7:30 p.m.	May 6, 13, 20, 27
	4	Saturday	11:00 a.m. – noon	May 22, 29, June 5, 12
	5	Thursday	6:30 - 7:30 p.m.	June 10, 17, 24, July 1
	6	Saturday	11:00 a.m. – noon	June 26, July 3, 10, 17
	7	Thursday	6:30 - 7:30 p.m.	July 8, 15, 22, 29
	8	Saturday	11:00 a.m. – noon	July 31, Aug. 7, 14, 21
	9	Thursday	6:30 – 7:30 p.m.	Aug. 12, 19, 26, Sept. 2
Rattlewood	2	Saturday	11:00 a.m. – noon	May 15, 22, 29, June 5
	3	Saturday	10:00 − 11:00 a.m.	June 19, 26, July 3, 10
	4	Saturday	10:00 − 11:00 a.m.	July 24, 31, Aug. 7, 14
	5	Saturday	10:00 - 11:00 a.m.	Aug. 28, Sept. 4, 11, 18
	6	Wednesday	6:00 - 7:00 p.m.	April 21, 28, May 5, 12
	7	Wednesday	6:00 - 7:00 p.m.	May 26, June 2, 9, 16
	8	Wednesday	6:00 - 7:00 p.m.	June 30, July 7, 14, 21
	9	Wednesday	6:00 – 7:00 p.m.	Aug. 4, 11, 18, 25
Laytonsville	2	Thursday	7:00 - 8:00 p.m.	May 6, 13, 20, 27
	3	Thursday	7:00 - 8:00 p.m.	June 3, 10, 17, 24
	4	Thursday	7:00 - 8:00 p.m.	July 8, 15, 22, 29
	5	Thursday	7:00 - 8:00 p.m.	Aug. 5, 12, 19, 26
	6	Thursday	7:00 - 8:00 p.m.	Sept. 2, 9, 16, 23
Laytonsville	2	Saturday	11:00 a.m. – noon	May 1, 8, 15, 22
	3	Saturday	11:00 a.m. – noon	June 5, 12, 19, 26
	4	Saturday	11:00 a.m. – noon	July 3, 10, 17, 24
	5	Saturday	11:00 a.m. – noon	Aug. 7, 14, 21, 28
	6	Saturday	11:00 a.m. – noon	Sept. 4, 11, 18, 25
Little Bennett	2	Wednesday	6:00 – 7:00 p.m.	May 19, 26, June 2, 9

Keep Golf Going Sessions:

"Family	Golf	Clin	ics"

Last year was such a success and lots of fun, Montgomery County Golf will once again be hosting FREE Family Golf Clinics on selected dates and at selected golf courses throughout the summer of 2010. Family Golf is all about learning and sharing the game of golf as a family. Our 2010 season Family Golf Clinic schedule is as follows:

Day	Date	Time	Golf Course
Saturday	May 8	1:00 p.m.	Needwood
Sunday	May 16	1:00 p.m.	Falls Road
Saturday	May 22	2:00 p.m.	Laytonsville
Sunday	May 30	3:00 p.m.	Northwest
Saturday	June 5	4:00 p.m.	Needwood
Sunday	June 13	3:00 p.m.	Falls Road
Saturday	June 19	1:00 p.m.	Laytonsville
Saturday	June 26	4:00 p.m.	Northwest
Sunday	July 4	11:00 a.m.	Needwood
Saturday	July 10	4:00 p.m.	Falls Road
Sunday	July 18	2:00 p.m.	Laytonsville
Saturday	July 24	4:00 p.m.	Northwest
Sunday	August 1	1:00 p.m.	Needwood
Saturday	August 7	4:00 p.m.	Falls Road
Saturday	August 14	1:00 p.m.	Laytonsville
Sunday	August 22	11:00 a.m.	Northwest
Saturday	August 28	4:00 p.m.	Needwood

Family Golf Outing

We have also created the perfect Family Golf Outing, in which your family can play on the course, get actual on course experience and have fun as a family for just \$10 per person!

Our courses are set up with a "course within a course" that establishes a beginner friendly short course within our main course, which makes golf more enjoyable for players new to the game; provides a simple transition as abilities increase; enables players of varying abilities to shoot similar scores; and encourages parents and kids to play golf together. Our \$10 per person rate is valid at Needwood Executive Nine, Northwest Inner Nine and Sligo Creek anytime Monday – Friday and after 12pm on Saturday, Sunday and Holidays. In addition all MCRA 18 hole courses will honor the rate after 5pm 7 days a week. Call any MCRA golf course for additional information or to book a tee time.

Hampshire Greens Golf Course - Golf Programs

To register for Hampshire Greens golf programs, please stop by or call (301) 476-7999.

Junior Golf
Camps
(Ages 6-11)

This program is for the young person who is encountering golf for the first time or the person looking to improve on some skills (s)he may have already learned. All elements of the game will be taught in a very relaxed, fun-filled environment which will be pressure free. Time will be spent on the putting green and the driving range each day and snacks and drinks will be served either midway or at the end of each session. Program runs from 1:00-2:30 Tuesday, Wednesday and Thursday. The cost of the program is \$100.

June	15	-17
June	22	-24

June 29 – July 1 July 13 – 15

July 20 – 22

August 3-5August 10-12

Junior Intensive Camps (Ages 12-17)

This camp is intended for avid golfers who have played on a regular basis, are able to walk and carry their golf bag for 9 holes on a very demanding golf course and are trying to improve their game for the upcoming high school season or for their club team. Stress will be placed on the short game as the quickest way to improve scores. Camp includes daily 9-hole play, instruction, and concludes with lunch each day. Prizes will be awarded to students on the final day of camp for exceptional work. Program runs from 8:00-12:00 Monday-Friday. Cost is \$275.

June	14	_	13	8
June	21	_	2:	5
_			-	

June 28 – July 2 July 12 – 16 July 19 – 23

July 26 - 30Aug 2 - 6

Adult Clinics for Beginners

These classes run for one month and meet on Mondays from 6:00 - 7:15 p.m. Classes are designed to introduce the game to new players in a relaxed, fun-filled environment. All of the basic elements of golf will be covered and clubs will be provided for students who have not yet purchased a set. Cost is \$130 for 4 sessions.

June 7, 14, 21, 28 July 12, 19, 26, Aug. 2

Adult Classes for Advanced Students

These classes will accommodate a maximum of 4 students and will meet on evenings or weekends. The emphasis will be on the short game as the quickest and most reliable way of improving one's game. Classes will be held each month from April through August. Cost is \$150 for 4 sessions for the month, each an hour and a half. Times: TBD. Please call the Hampshire Greens Golf Shop at (301) 476-7999 for detailed information and to register.

Falls Road Golf Course - Golf Programs

To register for Falls Road golf programs, please stop by or call (301) 299-5156.

Summer	Falls Road Summer Junior Camps are held	Session 1	June 14 – 18	Ages 8 – 12
Junior	Monday through Friday from 8:00 to 10:00	Session 2	June 21 – 25	Ages 13 – 17
Camps	a.m. with the Friday session beginning at	Session 3	June 28 – July 2	Ages 8 – 12
	7:30 a.m. and ending at 10:00 a.m. The cost	Session 4	July 12 – 16	Ages 13 – 17
	is \$300.00 per camper.	Session 5	July $19 - 23$	Ages 8 – 12
		Session 6	July $26 - 30$	Ages 13 – 17
		Session 7	August $2-6$	Ages $8-12$
		Session 8	August 9 – 13	Ages 8 – 12

Junior Golf Clinics

The Golf Clinics will have a maximum class size of 16 students, allowing 8 students per instructor. You can register your child in the Pro Shop, or call us at 301-299-5156 X6, or sign up on line at **Montgomerycountygolf.com.**

(Ages 6-8)	Session 4	Saturdays	May 8, 15, 22, 29	3:00 – 4:00 pm
	Session 5	Sundays	May 9, 16, 23, 30	3:00 – 4:00 pm
	Session 6	Wednesdays	May 12, 19, 26, June 2	5:00 – 6:00 pm
	Session 7	Wednesdays	September 1, 8, 15, 22	5:00 – 6:00 pm
	Session 8	Saturdays	September 4, 11, 18, 25	3:00 – 4:00 pm
	Session 9	Saturdays	October 9, 16, 23, 30	2:00 – 3:00 pm
(Ages 9 – 12)	Session 13	Saturdays	May 8, 15, 22, 29	4:15 – 5:15 pm
	Session 14	Sundays	May 9, 16, 23, 30	4:15 – 5:15 pm
	Session 15	Wednesdays	May 12, 19, 26, June 2	6:15 – 7:15 pm
	Session 16	Wednesdays	September 1, 8, 15, 22	6:15 – 7:15 pm
	Session 17	Saturdays	September 4, 11, 18, 25	4:15 – 5:15 pm
	Session 18	Saturdays	October 9, 16, 23, 30	3:15 – 4:15 pm
(Ages 13 – 16)	Session 20	Saturdays	May 9, 16, 23, 30	5:30 – 6:30 pm
	Session 21	Wednesdays	May 12, 19, 26, June 2	7:30 - 8:30 pm
	Session 22	Saturdays	September 4, 11, 18, 25	5:30 – 6:30 pm
	Session 23	Saturdays	October 9, 16, 23, 30	12:30 - 1:30 pm

MCG 2010 Loyalty Club

Our FREE Loyalty Club Program kicks off for the second year. You may sign up for our Loyalty Program at any of our courses. You will receive a membership card that must be presented at the time of check-in to receive points for play. Earn 1 point for 9-hole play and 2 points for 18-hole play. Points expire on December 31, 2010.

Points Award Levels:

- 6 points = free cart fee (any course) OR 9-hole round at any course Monday Thursday OR Friday Sunday after 12pm at Needwood Executive Course, Northwest Inside Nine or Sligo Creek;
- 10 points = free green fee Monday Thursday at all MCG courses. Mandatory cart fees will be charged at Little Bennett and Hampshire Greens;
- 16 points = free green fee Friday Sunday at Needwood, Northwest, Poolesville, Laytonsville and Rattlewood; and
- 20 points = free green fee Friday Sunday at Little Bennett, Hampshire Greens and Falls Road. Mandatory cart fee will be charged at Little Bennett and Hampshire Greens.

Little Bennett Golf Course – Golf Programs

To register for Little Bennett golf programs, please stop by or call (301) 253-1515.

One-Week
Junior
Golf Camps

We are offering two kinds of junior golf camps at Little Bennett Golf Course. The first is a one-week Instruction Only Program for two hours a day. Cost of the Instruction Only camp is \$150 per junior per session. The second is an Expanded Program for four hours daily, which includes instruction, 9-holes of golf, and lunch provided daily. Cost of the Expanded Program is \$300 per junior per session.

Instruction	June 21 - 25	2:00-4:00 p.m.
Only Junior	June 28 – July 2	2:00 – 4:00 p.m.
Camps:	July 26 - 30	8:00 – 10:00 a.m.
(Agos 6-17)		

Expanded	Experience on the golf course is required.	June 21 – 25
Program	Sign up for 2 or 3 sessions and save. 2 sessions reg. \$600 for \$475;	June 28 – July 2
Junior Camps:	3 sessions reg. \$900 for \$675.	July 12 – 16
(Ages 10-17)	These camps begin at 8:00 a.m. and end at noon.	July 19 – 23
		August 2 – 6

Ladies
Clinics

All levels of players are invited to have your game analyzed and assessed so that we can take your golf game to another level. Let us help you with the fundamentals of golf. From pre-shot routine, mental approaches to the game, rules situations and all shot types, we want to assist you in enjoying the game more and enhancing your knowledge about the game of golf. Cost is \$35 session or \$120 for 4 sessions. Maximum 8 students per session.

May 8 9:00 – 10:00 a.m. May 15 9:00 – 10:00 am May 22 9:00 – 10:00 a.m.

Laytonsville Golf Course – Golf Programs

To register for Laytonsville golf programs, please stop by or call (301) 948-5288.

Our one-week junior camps will cover introduction to golf, safety, and etiquette, grip, stance, and set-up on day one, followed by full swing on day two. We will provide instruction on pitching, chipping, and putting along with a course walk on day three. Practice will be held on the par-three course on the driving range on day four, and an on-course tournament will be held on day five. All camps are held from 8:00 to 10:00 a.m. Monday through Friday. The cost is \$170.00 per junior per camp.

One-Week Junior Golf	Friday. The cost is \$17	70.00 per junior per camp.	-	
Camps (Ages 6-17)	June 21 – 25 June 28 – July 2	July 5 – 9 July 12 – 16	July 19 – 23 July 26 – 30	August 2 – 6 August 9 – 13
Junior Camps	course management, b of golf. The cost is \$65	unker play, and how to hit the	nat real life golf shot that you	l. Receive on-course instruction in only seem to find during a round . Class size is 2-3 students per
Play with the Pro*	May 5, 19 June 2, 16	July 7, 21 August 4, 18	September 1, 15	

Climina	Work on your swing with our PGA Professional teaching staff at the driving range with your Irons and Woods. Sorry guys, this class is for ladies only! (Minimum of 4). Saturdays from $10:00 - 11:00$ a.m.

June 5	August 7
July 3	September 4

Continued on next page...

Laytonsville Golf Course - Golf Programs

Continued from previous page.

Full Swing Clinics*

Work on your swing with our PGA teaching staff at the driving range using your irons and woods. Clinics will stress the fundamentals of golf, which will be the foundation for your golf game for years to come. Maximum 10 participants in each 1 hour session (minimum of 4). The cost is \$25.00 per person. Saturdays from 9:00 to 10:00 a.m.

June 5 August 7 July 3 September 4

Parent/Guard ian & Child Clinic*

Work on your game with our PGA teaching staff. The cost is \$40.00 per pair, maximum 5 pairs, unless otherwise specified. This is a great gift idea for father's day and a great way to get the kids involved. Saturday, June 19, 2010 from noon to 1:00 p.m.

Free "Grow the Game" Clinic*

This free golf clinic is designed for complete beginners to have a chance to work with our PGA teaching staff. You will learn about the different kind of golf clubs (irons, woods, etc.) and when to use them. We will have a greenside demonstration of how to chip and putt. Saturdays from noon to 1:00 p.m. Max. 10 participants.

May 22

Needwood Golf Course – Golf Programs

To register for Needwood golf programs, please stop by or call (301) 948-1075.

Junior Golf Camps (Ages 7 & Up, maximum 12 per camp)

Our goal is to expose new players to golf. We will cover the full spectrum of the game June, 22 - 25to all juniors enrolled in the camp. Students will be broken up into groups based upon ability, not age. Sessions will be held Tuesday - Friday from 8:00 to 11:00 a.m. The cost is \$199.00 per golfer.

 $July\ 27-30$ July 13 - 16 August 17 - 20

All-Day Summer Camp

Be sure to sign up early for this one! Your child will experience all aspects of golf from 8:30 a.m. to 3:00 p.m. Golfers will work on their entire game every day and will get ample time each day on the course. Lunch will be provided to each student, plus snack and drinks throughout the day. Class limited to 12 Students. \$299.00 for the session.

July 6-9

Junior Mini Camp (Create your own)

This class offers weekly instruction while school is still in session. Registration in groups of 4 or more juniors. Parent responsible for arranging a minimum of 4 juniors to do a 4-week program. Make your own schedule for 4 one-hour sessions. Cost is \$79.00 per student.

Ladies Adult Clinic Series

Ladies only, 1-hour session series on Saturdays over a 4-week period. Start with putting in week one, chipping in week 2, driving range with irons in week three, and woods in week 4. The cost is \$150.00 per golfer.

May 8, 15, 22, 29 10:00 - 11:00 a.m. June 5, 12, 19, 26 10:00 - 11:00 a.m. June 19, 26, July 10, 17 11:30 – 12:30 a.m. July 10, 17, 24, 31 10:00 - 11:00 a.m. August 7, 14, 21, 28 10:00 - 11:00 a.m.

Northwest	Golf	Course -	Golf?	Programs
	UUII	Course —	OUII.	I I UZI aiiis

To register for Northwest golf programs, please stop by or call (301) 598-6100.

Junior Golf	Two distinct levels of golf instruction are presented in an activity-based, fun, safe learning environment. Camps
Summer Camp	s are held Monday through Thursday from 8:00a.m. – noon. Cost is \$195.00, which includes lunch all four days,
(Ages 8-15)	range balls, & course time.

(Ages 8-15)	range balls, & course time.	5.00, which includes lan	on an iour days,
LEVEL ONE Junior Camps	A great program for beginners or junior golfers with limited experience; a mixture of fun and learning, on and off the course.	Camp Session 1 Camp Session 2 Camp Session 4 Camp Session 6	June 21 – 24 June 28 – July 1 July 26 – 29 August 16 – 19
LEVEL TWO Junior Camps	A mixture of on-course learning, practice time, and games & activities all aimed at skill advancement for the moderately experienced junior golfer.	Camp Session 3 Camp Session 5	July 12 – 15 August 2 – 5
High School Level "Competitive Golf" Camp (Ages 13-18)	A special four-day instructional series designed to prepare high-school school golf team. Focus on advanced skills, rules, and playing lessons. and lunch every day; rounds of golf with a PGA instructor and range b limited class size, sign up early. August 9 – 12 9:00 a.m. – 2:00 p.m.	Cost of \$295 includes 9	hole greens fees
Golf Course Ladies Clinics	A brief instructional series for ladies of all levels, who are comfortable A fun series for the basics of golf. Cost is \$99 for three 90-minute class		ip setting.
Ladies "Drop-In" Lessons	May 6, 13, 20 6:00 – 7:30 p.m. Every Wednesday from 10:00 a.m. to 11:00 a.m. at the Practice Range, answer your questions and help with your golf issues; short game, full the hour.		
Saturday "Parent/Child" Golf Clinics	Our two-day Saturday clinics are perfect for parents and children to en and child's golf abilities aren't matched. These clinics are held Saturday Saturday, April 17. The cost is \$80.00 per two-week session. Join us are	ys from 9:00 to 10:00 a.	m. beginning on

MCG Frequent Player Program

Swing and Short Game.

New in 2010: the MCG Frequent Player Program. Our Frequent Player members receive:

- A 20% discount on all cart and green fees every day at all 9 golf courses;
- \bullet Cost plus 10% purchasing on all pro shop merchandise at all 9 golf courses; and
- 16 automatic Loyalty Club points at sign up.

All this for an annual fee of only \$199

Rattlewood Golf Course – Golf Programs

To register for Rattlewood golf programs, please stop by or call (301) 607-9000.

Junior Golf Camps

Rattlewood's 4-day junior golf camps are taught by PGA Professionals and focus on the fundamentals of golf, strategy, etiquette, and sportsmanship. On-course play and instruction, lunch, and refreshments are included, as well as prizes and awards. Each golfer receives 10% off merchandise at the Rattlewood Golf Shop. Cost is \$175 per student. Class size is limited to 20 students per session. Sessions are held Monday through Thursday from 8:00 a.m. until noon.

June 21 - 24July 26 - 29August 23 - 26

July 12 - 15August 9 - 12

Poolesville Golf Course – Golf Programs

To register for Poolesville golf programs, please stop by or call (301) 428-8143.

Beginner Junior Golf Camp (ages 8 - 17)

These four-day camps will teach juniors basic skills, including full swing, chipping, putting, and on-course etiquette. Sessions will run Monday through Thursday from 8:30 to 12:00. Cost is \$160.00 per junior camper and includes lunch each day. Maximum 20 students.

Summer Junior Golf Camp Sessions

June 28 – July 1 July 12 – 15 July 26 - 29

Advanced Junior Golf Camps (Ages 12 – 17)

These advanced camps provide more emphasis on technique and mechanics. Students must have prior experience and their own clubs (prefer that they have attended at least one previous junior camp). Camps are held from 8:00 a.m. to 11:30 a.m. Cost is \$200.00 per junior and includes lunch and golf/range use after camp each day.

Advanced Junior Summer Sessions

July 19 - 22August 2-5

Competitive Junior Golf Camp (Ages 13 – 18)

This camp is for proficient young golfers to elevate their competitive game and prepare for high school or college golf. Scheduled one week before Montgomery County high school tryouts, instruction will include advanced skills such as course management, focus, visualization, concentration, short game, and "working the ball." Monday through Thursday from 10:00 a.m. to 1:00 p.m. Students may play 18 holes after each session, including 9 holes with the PGA Instructor on the final day, Only 3 golfers between the ages of 13 and 18 will be accepted into this session. Cost is \$295 per golfer, which includes lunch and greens fees for the round included after each day.

Competitive Junior Golf Camp Session

August 9 - 12

Sligo Creek Golf Course

Individual Short Game Lessons

Short Game Lesson's & Clinic Prices & Schedule

(4) 40 3 51 T	0.40	(2) 1 77 2	A (B
• (1) 40 Minute Lesson	\$40	• (3) 1 Hr. Group Lesson	\$75 /Person
• (3) 40 Minute Lesson Series	\$110	(Class Size 2 - 4 players)	
• (5) 40 Minute Lesson Series	\$160	• (3) 1 Hr. Group Lesson	\$50 /Person
		(Class Size 5 or more Playe	ers)
Playing Lessons			
• (1) 2 Hr. On course Instruction	\$90	Short Game Clinics	\$129 /Person
(Includes Green Fees)		• (3) 1 1/2 Hr. Short Game 1	Lessons
		Tuesdays (May 4, I1, & 18)	6p - 7:30p
		• (3) 1 1/2 Hr. Short Game 1	Lessons
		Saturdays (May 8, 15, & 22	2) 9a - 10:30a

Group Lessons

• (3) 1 1/2 Hr. Short Game Lessons Wednesdays (June 16, 23, & 30) 6p - 7:30p • (3) 1 1/2 Hr. Short Game Lessons Saturdays (June 5, 12, & 19) 9a - 10:30a • (3) 1 1/2 Hr. Short Game Lessons Tuesdays (July 13, 20, & 27) 6p - 7:30p • (3) 1 1/2 Hr. Short Game Lessons Wednesdays (August 4, 11 & 18) 5:30p - 7p • (3) 1 1/2 Hr. Short Game Lessons Saturdays (Sept. 11, 18, & 25) 10:30a -12:00p

Facility Locations

Schools

Argyle MS-2400 Bel Pre RD, Silver Spring, 20906 Ashburton ES-6314 Lone Oak DR, Bethesda, 20817 Banneker MS-14800 Perrywood DR, Burtonsville, 20866

Bells Mill ES-8225 Bells Mill RD, Potomac, 20854
Bethesda ES-5011 Moorland LN, Bethesda, 20814
BCC HS-4301 East West HWY, Bethesda, 20814
Beverly Farms ES-8501 Post Oak RD, Rockville, 20854
Blair HS-51 University BLVD E, Silver Spring, 20901
Broad Acres ES-710 Beacon RD, Silver Spring, 20903
Brooke Grove ES-2700 Spartan RD, Olney, 20832
Burning Tree ES-7900 Beach Tree RD, Bethesda, 20817
Candlewood ES-7210 Osprey DR, Rockville, 20855
Cashell ES-17101 Cashell RD, Rockville, 20853
Chevy Chase ES-4015 Rosemary ST, Chevy Chase, 20815

Clarksburg HS-22401 Brick Haven DR, Clarksburg, 20871

Clemente MS-18808 Waring Station RD, Germantown, 20874

Cloverly ES-800 Briggs Chaney RD, Silver Spring, 20904

DuFief ES-15001 DuFief DR, Gaithersburg, 20878
 Farmland ES-7000 Old Gate RD, Rockville, 20852
 Farquhar. MS-16915 Batchellors Forest RD, Olney, 20832

Forest Knolls ES-10830 Eastwood AVE, Silver Spring, 20901

Gaithersburg MS-2 Teachers' WAY, Gaithersburg, 20877

Gibbs ES-12615 Royal Crown DR, Germantown, 20876 Greenwood ES-3336 Gold Mine RD, Brookeville, 20833 Harmony Hills ES-13407 Lydia ST, Silver Spring, 20906

Highland ES-3100 Medway ST, Silver Spring, 20902 Highland View ES-9010 Providence AVE, Silver Spring, 20901

Hoover MS-8810 Post Oak RD, Rockville, 20854 Jones Lane ES-15110 Jone LN, Darnestown, 20878 Kensington-Parkwood ES-710 Saul RD, Kensington, 20895

Key, Francis Scott MS-910 Schindler DR, Silver Spring, 20903

King, Martin Luther MS-13737 Wisteria Drive, Germantown, 20876

Kingsview MS-18909 Kingsview RD, Germantown, 20874

Little Bennett ES-23930 Burdette Forest RD, Clarksburg, 20871

Loiederman MS-12701 Goodhill RD, Silver Spring, 20906

Matsunaga ES-13902 Broomfield RD, Germantown, 20874

New Hampshire Estates ES-8720 Carroll AVE, Sandy Spring, 20903

North Bethesda MS-8935 Bradmoor ST, Bethesda, 20817

Oak View ES-400 East Wayne AVE, Silver Spring, 20901

Oakland Terrace ES-2720 Plyers Mill RD, Silver Spring, 20902

Page ES-13400 Tamarack RD, Silver Spring, 20904 Paint Branch HS-14121 Old Columbia PIKE, Burtonsville, 20866

Parkland MS-4610 West Frankford DR, Rockville, 20853

Poole, MS-17014 Tom Fox AVE, Poolesville, 20837 Potomac ES-10311 River RD, Rockville, 20854 Pyle. MS-6311 Wilson LN, Bethesda, 20817 Resnik. ES-7301 Hadley Farms DR, Gaithersburg,

Rock Creek Valley ES-5121 Russett RD, Rockville, 20853

Rock Terrace HS-390 Martins LN, Rockville, 20850 Rocky Hill MS-22401 Brickhaven WAY, Clarksburg, 20871

Rosemary Hills ES-2111 Porter RD, Silver Spring, 20910

Seven Locks ES-9500 Seven Locks RD, Bethesda, 20814

Shady Grove MS-8100 Midcounty HWY, Gaithersburg, 20877

Sherwood ES-1401 Olney-Sandy Spring RD, Silver Spring, 20860

Sligo Creek ES-500 Schuyler RD, Silver Spring, 20910 Sligo MS-1401 Dennis AVE, Silver Spring, 20902 South Lake ES-18201 Contour RD, Gaithersburg, 20877 Stonegate ES-14811 Notley RD, Silver Spring, 20905 Takoma Park ES-7511 Holly AVE, Takoma Park, 20912 Watkins Mill ES-19001 Watkins Mill RD, Gaithersburg, 20879

Wayside ES-10011 Glen RD, Potomac, 20854 Westover ES-401 Hawkesbury LN, Silver Spring, 20904 Wheaton HS-12601 Dalewood DR, Wheaton, 20906 Wheaton Woods ES-4510 Faroe PL, Rockville, 20853 White Oak MS-12201 New Hampshire AVE, Silver Spring, 20904

Wood Acres ES-5800 Cromwell DR, Bethesda, 20816 Wood MS-14615 Bauer DR, Rockville, 20853 Woodfield ES-4200 Woodfield RD, Gaithersburg, 20879 Wyngate ES-9300 Wadsworth DR, Bethesda, 20817

Parks

Cabin John RP-7400 Tuckerman LN, Rockville, 20852 Camp Seneca LP-14500 Clopper RD, Boyds, 20841 Capital View-Homewood LP-2929 Edgewood RD, Kensington, 20895

Clarksburg LP-22501 Weems RD, Clarksburg, 20871
Darnestown LP-14211 Darnestown RD, Darnestown,
Falls Road LP-12600 Falls Road RD, Potomac,
Farmland Drive LP-7000 Old Gate RD, Bethesda,
Glenmont LP-3201 Randolph RD, Wheaton, 20902
Kings LP-23715 Clarksburg RD, Clarksburg,
Layhill LP-14901 Layhill RD, Wheaton, 20906
Norbeck-Muncaster Mill NP-4101 Muncaster Mill RD,
Norbeck, 20853

Norwood LP-4700 Norwood DR, Chevy Chase, 20815 Olney Manor Recreational Park-16601 Georgia AVE, Olney, 20832

Pilgrim Hills LP-1615 E Randolph RD, Colesville, 20904

Pinecrest LP-301 St. Lawrence DR, Silver Spring, 20901 Quince Orchard Knolls LP-11900 Qunice Mill DR, Darnestown.

Quince Orchard Valley NP-12015 Suffolk TER, Gaithersburg, 20878

Rock Creek RP-6700 Needwood Rd, Rockville, 20855 Sligo Ave. Neigh. Park (Sligo Urban)-500 Sligo AVE, Silver Spring,

Sligo-Dennis Ave. Local Pk (Sligo Comm.)-10200 Sligo Creek PKY, Silver Spring, 20901

South Germantown Recreational Park-14501 Shaeffer RD. Germantown.

Tilden Woods LP-6800 Tilden LN, Potomac, 20852Veirs Mill LP-4425 Garrett Park RD, Wheaton, 20906Wheaton-Claridge LP-11901 Claridge RD, Wheaton, 20902

Recreation Facilities

Bauer Drive CC-14625 Bauer DR, Rockville, 20853 Bethesda Pool-Little Falls PKY, Bethesda, 20816 Clara Barton CC-7425 MacArthur BLVD, Cabin John,

Damascus CC-25520 Oak DR, Damascus, 20872 Damascus SR-9701 Main ST, Damascus, 20872 East County CC-3310 Gateshead Manor WAY, Silver

Spring, 20904 Germantown CC-18905 Kingsview DR, Germantown, 20874

Germantown Indoor Swim Center-18000 Central Park Cir, Boyds, 20841

Germantown Outdoor Pool-18905 Kingsview DR, Germantown, 20874

Good Hope CC-14715 Good Hope RD, Silver Spring, 20905

Gwendolyn Coffield CC-2450 Lyttonsville RD, Silver Spring, 20910

Holiday Park SR-3950 Ferrara DR, Wheaton, 20906 Lawton CC-4301 Willow LN, Chevy Chase, 20815 Long Branch CC-8700 Piney Branch RD, Silver Spring,

Longwood CC-19300 Georgia AVE, Brookeville, 20833 MLK Outdoor Pool-1201 Jackson RD, Silver Spring, 20904

MLK Swim Center-1201 Jackson RD, Silver Spring, 20904

Marilyn J. Praisner CC-14906 Old Columbia PKY, Burtonsville, 20866

MCRD Offices-4010 Randolph RD, Silver Spring,

Montgomery Aquatic Center-5900 Executive BLVD, N. Bethesda, 20814

Olney Manor Skate Park-16601 Georgia AVE, Olney, 20832

Olney Swim Center-16601 Georgia AVE, Olney, 20832 Plum Gar CC-19561 Scenery Drive, Germantown, 20874

Potomac CC-11315 Falls RD, Potomac, 20854 Ross Boddy CC-18529 Brooke RD, Sandy Spring, 20860

Schweinhaut SR-1000 Forest Glen RD, Silver Spring, 20901

Scotland CC-7700 Scotland Drive, Potomac, 20854 Upper County CC-8201 Emory Grove RD, Gaithersburg, 20877

Upper County Pool-8211 Emory Grove RD, Gaithersburg, 20879

Western County Pool-20151 Fisher AVE, Poolesville, 20837

Wheaton CC-11711 Georgia AVE, Wheaton, 20902 Wheaton/Glenmont Pool-12621 Dalewood DR, Wheaton, 20906

Wisconsin Place CC-5311 Friendship BLVD, Chevy Chase, 20815

Other Facilities

Fairland Center-13313 Old Columbia Pike, Silver Spring, 20904

Wheaton Regional Library-11701 Georgia AVE, Wheaton, 20902

Beall-Dawson House-103 W Montgomery AVE, Rockville, 20850

Camp Olympia-5511 Muncaster Mill RD, Rockville, 20855

Create Arts Center-816 Thayer AVE, Silver Spring, 20910

Divine Life Yoga Studio-19008 High Point DR, Gaithersburg, 20878

Golden School of Music-8004 A Norfolk AVE, Bethesda, 20814

Philbin's Athletic Center-9168 Gaither RD, Gaithersburg, 20877

Studio 310-9743 Traville Gateway DR, Rockville, 20850 Waters House Historic Site-12535 Milestone Manor DR, Germantown, 20876

International School of Music-10450 Auto Park AVE, Bethesda, 20817



MONTGOMERY PARKS • SUMMER 2010

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(Fill out the green section to register for Parks classes)







MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIRMAN

Summer 2010



Dear Friend of Montgomery Parks,

Like you, I cherish our parks for their beauty and variety, ranging from the solitude of deep woods and natural beauty of Rachael Carson Conservation Park, Little Bennett Regional Park, and our stream valleys to the glory of Brookside Gardens; the happy sounds of the carousel, mini-trains, dog parks, skate parks, ball fields, tennis courts, ice rinks, and picnic areas in Wheaton, Cabin John, Olney Manor, and Martin Luther King Parks; the SoccerPlex in South Germantown; playgrounds in 400 neighborhood and local parks; miles and miles of hiking, biking and equestrian trails; Needwood, Frank, and Little Seneca Lakes, and myriad other favorite spots too numerous to mention.

I have twice served as chairman of the Montgomery County Planning Board and Parks Commissision—separated in time by a generation—and had the pleasure of helping our park system, truly one of the nation's greatest, adapt to the needs of a growing and changing population. I leave the Commission for the second time with a sense of satisfaction in our achievements, and some deep concern for the immediate future of this jewel of the county.

Montgomery County is facing unprecedented budget challenges. There will be severe cuts in staff levels and a general decline in service for the first time in our 82-year history. Some facilities may be closed. I want to assure you, however, that we will strive to maintain the parks and our services to the very best of our abilities with the resources available. The crisis may last for two or three years, but it will pass. Until it does, we need your understanding, patience, and whenever possible, your volunteer assistance.

You can help by continuing to use the parks. Keep telling us what needs to be done to make them better. We may have to wait a while to meet all needs, but as the economy recovers, we will have a great "To-Do" list of projects. The Commission and the Department of Parks want to hear what you have to say, and welcome the opportunity to work together to return to the level of service you've come to expect of Montgomery Parks. For up-to-date information on County budget cuts, how they impact Parks, and how you can volunteer to help, please visit ParksMatter.org.

I am leaving the Commission, but not the parks. In fact, I expect to have a little more time to enjoy them. If you see me on a trail, watching my granddaughter play at the SoccerPlex, or relaxing by a fountain at Brookside Gardens, stop and share a story. The stories we residents tell about the parks are the foundation for public support. They belong to all of us and we to them. Thank you for your participation and support in making and keeping the parks great!

Happy summer,

Royce Hanson Chairman

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320 www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

100% recycled paper

The Natural Choice for Slimmer Camps

Montgomery Parks camps are led by experienced staff, and feature an average camper-to-counselor ratio of 1:9! Camps are available all summer long (June 1-August 27) for kids Montgomery Parks Summer Camps 2010

Save \$20 Off Your Choice of 12

ages 5-18 and up.

Summer Camps!

Bring this coupon with you to a participating Montgomery Parks facility and save \$20 when you sign up for...

- Two different Summer Camps*
- · Two weeks of the same camp*
- · Or two kids for the same camp*

Offer good on these 12 Montgomery Parks **Summer Camps!**

ICE SKATING CAMPS

Cabin John Freestyle Camp Figure Skating Camp Ice Dance Clinic Ice Hockey Camp Summer Fun Ice Skating Camp Synchronized Skating Camp

OTHER SPORTS CAMPS

Tennis & Golf Camp Tennis & Ice Skating Camp Tennis & So Much More! **Tennis Boot Camp**

OUTDOOR FUN CAMPS

Outdoor Adventure Camp Week in the Park

*Offer good for in-person registration only at Cabin John Ice Rink, Wheaton Ice Arena, and Wheaton Indoor Tennis for the twelve camps listed here. \$20 discount applies to the second and subsequent sibling, or second and subsequent camps, when registered for in person, at the same time. Discount does not apply to Extended Care or transportation fees. Only one type of discount per person per camp; cannot be combined with any other discount or offer. Offer good through June 30, 2010.

For a complete list of over 50 Montgomery Parks Summer Camps, visit **ParkPASS.org**.



MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats

Black Hill Regional Park • 20920 Lake Ridge Drive, Boyds, MD 2084I 301-972-6157 weekends • 301-972-9396 Monday-Friday www.BlackHillBoats.com

Lake Needwood Boats

Rock Creek Regional Park 15700 Needwood Lake Circle, Rockville, MD 20855 301-762-9500 info • 301-948-0501 Park Manager www.LakeNeedwoodBoats.com

Lakes open for public boating March 1. Boat rentals available Saturdays & Sundays in May • During regular season (Memorial Day-Labor Day), hours and days of operation vary between the two boating facilities. Please see their websites for operating schedules, rates and more information.

CAMPING

Little Bennett Campground

Little Bennett Regional Park 23701 Frederick Road, Clarksburg, MD 20871 301-528-3430 • www.LittleBennettCampground.com

Open weekends (limited camping) March 1; full/daily camping begins April 1.

CAROUSEL

Wheaton Carousel

Wheaton Regional Park 2000 Shorefield Road, Wheaton, MD 20902 301-942-6703 • 301-680-5376, ext. 103 party room rentals www.WheatonTrainandCarousel.com

Open for MCPS Spring Break in March/April; Saturdays & Sundays in April. Open daily May I. Party Rooms available for rentals year-round. See web for details.

CULTURAL & HISTORIC ATTRACTIONS

Visit HistoryintheParks.org for more information.

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855 301-670-4661 • www.AgHistoryFarm.org

Open for scheduled special events and camps/classes. See website for details.

Oakley Cabin

3610 Brookeville Road, Olney, MD 20833 301-563-3405 • www.OakleyCabin.org

Guided tours, events and more the second and fourth Saturdays of each month, April 10-November 5. See website for details.

Underground Railroad Experience Trail

Sandy Spring, MD • 301-774-6255 • UndergroundRRExperience.org Guided hikes available every Saturday April 3-November 5. See website for details.

Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860 301-570-5722 • www.HistoricWoodlawnManor.org

DOG PARKS

Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841 On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park

10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park

6601 Georgia Avenue, Olney, MD 20832 Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876 North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902 East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.

EVENT CENTERS

Looking for the perfect spot for a retreat, business meeting, workshop, wedding, family reunion, birthday, anniversary or retirement celebration? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Brookside Gardens

Wheaton Regional Park 1800 Glenallan Avenue, Wheaton, MD 20902 301-962-1404 information & reservations Email: Event.Manager@MontgomeryParks.org

Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841 301-299-5026 information & reservations Email: EventCenters@MontgomeryParks.org

Rockwood Manor

II001 MacArthur Boulevard, Potomac, MD 20854 301-299-5026 information & reservations Email: EventCenters@MontgomeryParks.org

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860 301-299-5026 information & reservations Email: EventCenters@MontgomeryParks.org

GARDENS

Brookside Gardens ParkPASS

Wheaton Regional Park 1800 Glenallan Ave., Wheaton, MD 20902 301-962-1400 general information • 301-962-1404 event rentals www.BrooksideGardens.org

McCrillis Gardens ParkPASS*

6910 Greentree Road, Bethesda, MD 20817 301-962-1455 • www.McCrillisGardens.org * ParkPASS registration help for botanical illustration classes only.

HORSEBACK RIDING & STABLES

Equestrian facilities are managed by private operators through partnerships with the Maryland-National Capital Park & Planning Commission (M-NCPPC).

Callithea Farm Park

15000 River Rd., Potomac, MD 20854 • 301-977-7682

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815 301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center

14211 Quince Orchard Rd., N. Potomac, MD 20878 301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park

17320 Moore Rd., Boyds, MD 20841 301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables

1101 Glenallen Ave., Wheaton, MD 20902 301-622-3311 • www.WheatonParkStables.com

Woodstock Equestrian Park

20100 Darnestown Rd., Beallsville, MD 20839 301-444-3121 • www.EquestrianPark.org

ICE SKATING

Cabin John Ice Rink ParkPASS

Cabin John Regional Park 10610 Westlake Drive, Rockville, MD 20852 301-765-8620 • www.CabinJohnlce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena ParkPASS

(Indoor and covered outdoor rinks)
Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center and more.

Wheaton Outdoor Rink

11751 Orebaugh Avenue, Wheaton, MD 20902

Covered outdoor rink (concrete surface) with attached indoor facility available for rent in season. See Wheaton Ice above for contact info. Flea Market in the Park is held every 2nd and 4th Saturday from April through October.

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Regional Park 18056 Central Park Circle, Boyds, MD 2084I 301-601-3580 • 301-601-358I www.SplashandGolf.com

Open May 29-31, June 5, 6, 12 & 13; daily June 14-August 29; & Sept. 4-6. Party tents available. See web for info & hours.

NATURE CENTERS

Black Hill Visitor Center ParkPASS*

Black Hill Regional Park 20926 Lake Ridge Dr., Boyds, MD 20841 301-916-0220 • www.BlackHillNature.org

* Center hours are limited; please call before stopping by.

Brookside Nature Center ParkPASS

Wheaton Regional Park 1400 Glenallan Avenue, Wheaton, MD 20902 301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center ParkPASS

Cabin John Regional Park 7777 Democracy Boulevard, Bethesda, MD 20817 301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center ParkPASS

Rock Creek Regional Park 5100 Meadowside Lane, Rockville, MD 20855 301-924-4141 • www.MeadowsideNature.org

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park 18056 Central Park Circle, Boyds, MD 2084I 301-601-3580 • 301-601-358I www.SplashandGolf.com

Open May 29-31, June 5, 6, 12 & 13; daily June 14-August 29; & Sept. 4-6. Party tents available. See web for info & hours.

TENNIS (Indoor)

Pauline Betz Addie Tennis Center ParkPASS

at Cabin John Regional Park 7801 Democracy Blvd., Bethesda, MD 20817 301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis ParkPASS

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (Outdoor)

Outdoor courts are available to use free of charge on a first-come, first served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring, summer and fall.

Complete court list: www.MontgomeryParks.org Outdoor tennis lesson info: www.ParkPASS.org Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in Montgomery Parks.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park 7410 Tuckerman Lane, Rockville, MD 20852 301-765-8670 train schedule & party info www.CabinJohnTrain.com

Open Saturdays & Sundays in April & May. Open daily June I-August 31. Party Room available for rentals year-round.

Wheaton Miniature Train

Wheaton Regional Park 2000 Shorefield Road, Wheaton, MD 20902 301-942-6703 • 301-680-5376, x103 party rentals www.WheatonTrainandCarousel.com

Open Saturdays & Sundays in April. Open daily May 1-August 31. Party Rooms available for rentals year-round.



- To report maintenance issues or problems in a park: 301-670-8080
- To reserve a ballfield, picnic shelter, etc.: www.ParkPermits.org
- Athletic Field Rainout number: 301-765-8787
- Park Police: 301-949-3010
- For info on a Montgomery Parks class or program: 301-495-2580 www.ParkPASS.org MCP-ParkPassHelp@ MontgomeryParks.org
- To volunteer in the Parks:
 www.ParksVolunteers.org
- General Information:
 301-495-2595
 www.MontgomeryParks.org
- For info about a specific park: www.MontgomeryParks.org Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at http://twitter.com/ MontgomeryParks

What is ParkPASS?

ParkPASS is Montgomery Parks' free online registration system for classes and programs.

If you see the words "ParkPASS" next to a facility name in this directory, it means there are people at that facility who can help you register for classes or programs offered at that facility (or at any other Parks facility that uses the ParkPASS online registration system).

You can also open a Park-PASS account at these locations. ParkPASS facility hours vary; please call before stopping by.

To open your Park-PASS account online, visit www.ParkPASS.org



SPECIAL EVENTS

Montgomery Parks • SUMMER 2010

Discussing The Hope of Snakes Great American Campout p.128 Check-in Ipm Little Bennett Campground I/2 off tent sites*		Event Name Botanical Art School Open House 2:30-4:30 Kids' Fishing Contest p.114 Ag Farm Open House p.113 Photo Scavenger Hunt! p.136 Kids' Fishing Contest p.114 Rids' Fishing Contest p.114 Rids' Fishing Contest p.114 Ramily Fossil Foray p.133 Quick Start Tournaments p.143 Pather's Day Skates Dig-in, Dig-out – School Is Out! Free science activity tables for kids, p.111 Nature Book Group p.135 Discussing The Hope of Snakes Great American Campout p.128 Check-in		Location McCrillis Gardens Black Hill Boats Agricultural History Farm Park Locust Grove Nature Center Lake Needwood Boats Brookside Nature Center Wheaton Indoor Tennis. Cabin John Ice Rink Wheaton Ice Arena Brookside Gardens Children's Classroom Brookside Nature Center Little Bennett Campground	FREE \$8* FREE FREE FREE \$20 per child* Coad skates FREE with one paid admission FREE FREE I/2 off tent sites*	For More Information 301-962-1400 / BrooksideGardens.org 301-972-9396/BlackHillBoats.com 301-299-5026 / ParkEventCenters.com 301-765-8660 / LocustGroveNature.org 301-762-9500/LakeNeedwoodBoats.com 301-962-1480 / BrooksideNature.org 301-765-8620 / CabinJohnIce.com 301-765-8620 / CabinJohnIce.com 301-765-8620 / WheatonTennis.com 301-765-1480 / BrooksideGardens.org 301-962-1480 / BrooksideNature.org 301-962-1480 / BrooksideNature.org
Fourth of July Skate4:15-6:15pm (CJ)Cabin John Ice Rink\$6.25 incl. skates (CJ)Wear red, white or blue!4:15-6pm (VY)Wheaton Ice Arena\$5.25 incl. skates (VY)Night Hike at Meadowside p.1398-9:15pmMeadowside Nature CenterFREE*Mini-Golf Splash-a-Thon! p.116IOam-8pmSouth Germantown\$6 for all-you-can splash & 2 rounds of mini-golf	8	ourth of July Skate Vearred, white or blue! Night Hike at Meadowside Aini-Golf Splash-a-Thon!	6:	Cabin John Ice Rink Wheaton Ice Arena Meadowside Nature Center South Germantown Recreational Park	\$6.25 incl. skates (CJ) \$5.25 incl. skates (W) FREE* \$6 for all-you-can splash & 2 rounds of mini-golf	301-765-8620 / CabinJohnIce.com 301-905-3000 / WheatonIceArena.com 301-924-4141 / MeadowsideNature.org 301-601-3580/SplashandGolf.com

Wed. Aug. 18	Gone Fishin' p.139	10:30-11:45am	Lake Needwood Boathouse	FREE*	301-924-4141 / MeadowsideNature.org
Fri, Aug.27	End of Summer Skating Blast	4:15-6:15pm (CJ) 4:15-6pm (W)	Cabin John Ice Rink Wheaton Ice Arena	\$6.25 incl. skates (CJ) \$5.25 incl. skates (W)	301-765-8620 / CabinJohnIce.com 301-905-3000 / WheatonIceArena.com
Sat. Sept. 4	Monarch Conservation Day	10am-3pm	Black Hill Visitor Center	REE	301-916-0220/BlackHillNature.org
Sat. Sept. 18	Children's Day	llam-4pm	Brookside Gardens	HREE THE STATE OF	301-962-1400/BrooksideGardens.org

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\$6.25 incl. skates (CJ) \$5.25 incl. skates (W)	11 11	Ш	#		
\$6.25	FREE	FREE			•

Date Sat. May 8 & 22 Wed. May 28 Wed. May 28 Tues. June 1 Tues. June 4 Fri. June 4 Fri. June 4 Fri. June 25 Every Saturday thru Nov. 5	Sat. May 8 & 22 Flea Market in the Park and every 2nd & 4th Saturday thru October Wed. May 28 Night Fishing p.108 and every 4th Wed. thru September Tues. June 1 Tuesday in the Park and every Tuesday in June; see p.136 Tues. June 1 Summer Twilight Concerts and every Tuesday in June; see p.109 Fri. June 4 Teen Skate Nights and every Friday thru August Fri. June 4 Roller Night @ Wheaton and every Friday thru August (except 7/2) thru June 12 Saturday Storytime & Craft Ioam fri. June 25 Teen skates every Friday night thru 9/3 every Saturday Underground RR Hikes I om In Oam In Oam In Oam In Onderground RR Hikes I om In Oam In		Location Location Wheaton Outdoor Rink Black Hill Regional Park Noon Cabin John Playground Wheaton Ice Arena Wheaton Outdoor Rink Brookside Gardens Wheaton Meet at Woodlawn Manor	Cost RREE for shoppers \$25 per space for vendors* FREE FREE FREE \$5.25 ind. skates \$3.50 FREE (ages 3-6) FREE (ages 3-6) FREE	For More Information 301-905-3000 / WheatonIceArena.com 301-972-9396/BlackHillBoats.com 301-765-8660 / LocustGroveNature.org 301-962-1400/BrooksideGardens.org 301-965-3000/WheatonIceArena.com 301-965-3000/WheatonIceArena.com 301-965-1400 / BrooksideGardens.org 301-765-8620 / CabinJohnIce.com 301-765-8620 / CabinJohnIce.com
2nd & 4th Sat. thru Nov.5	Oakley Cabin Guided Tours	Noon-4pm	Oakley Cabin	FREE	301-650-4373 / HistoryintheParks.org
thru Sept. 19 thru Sept. 19	Wings of Fancy Live Butterfly & Caterpillar Exhibit Summer Conservatory Display	I0am-4pm I0am-5pm	Brookside Gardens South Conservatory Brookside Gardens Conservatories	\$4 3-12yrs \$6 13yrs&up FREE	301-962-1453 / BrooksideGardens.org 301-962-1400 / BrooksideGardens.org
			110		

MontgomeryParks.org



Float Your Boat

in Montgomery Parks!

Lake Needwood Boats

- Expanded Hours!
 Beginning June 1, open on Mondays
- Captain's Club card Rent 4 times, get your 5th rental free!
- Lake Needwood Scavenger Hunt Kids, ask for a card at the Boat House.



Rock Creek Regional Park

15700 Needwood Lake Circle | Rockville, MD 20855

Boathouse: 301-762-9500

Group Tours & Seasonal Permits: 301-948-0501 Open Saturdays, Sundays & Memorial Day in May Open every day except Tuesdays beginning June 1

Visit LakeNeedwoodBoats.com for hours and more info.

Kids' Fishing Day

Black Hill Boats: **Saturday, May 22**Lake Needwood Boats: **Saturday, June 12**

See page 114 for details.

Black Hill Boats

- Expanded Hours!

 Beginning June 1, open on Tuesdays! *and* open 2 hours earlier Tuesday-Friday (10am vs. Noon)
- Black Hill Water Trail

 Take a self-guided, 12-station tour of Little Seneca

 Lake. Pick up a free trail guide at the boathouse.
- **Night Fishing** Fish 'till midnight!. Every 4th Wednesday, April September. See web for details.

Black Hill Regional Park

20920 Lake Ridge Drive | Boyds, MD 20841

Boathouse: 301-972-6157

Open Saturdays, Sundays & Memorial Day in May

Open Tuesday - Sunday beginning June 1

Visit **BlackHillBoats.com** for hours and more info.

WEEKDAY BOATING SPECIAL

Rent One Hour, Get the 2nd Hour FREE!
Rent any boat for one hour and get the second hour's
rental for that same boat* FREE!
Bring this coupon to the Boathouse at either Black Hill Boats
or Lake Needwood Boats, Monday - Friday, and
stay out on the lake longer for less!

* ½ hour rentals for paddleboats, at Lake Needwood only.

Black Hill Boats closed Mondays; Lake Needwood Boats closed
Tuesdays. One coupon per person; cannot be combined with any
other offer. Free hour must be used concurrently with paid hour's
rental. Coupon not valid 5/31, 7/5 or 9/6. See websites for operating
hours. Coupon good through August 27, 2010.

Rent canoes, kayaks, rowboats, and pedal boats (Needwood)

 Pontoon boat nature tours
 Fish for bass, catfish, bluegill, crappie, trout







Summer Twilight Concert Series



Join us in the Gude Garden every Tuesday evening from 6:30-8:00pm throughout the month of June for a series of performances set in the beauty of the gardens (rain location: Visitors Center). Don't forget your chairs and blankets! For more information, call 301-962-1400 or visit us online at www.BrooksideGardens.org.

June 1 - *The Moonlighters*Motown Cover Band, featuring a

Motown Cover Band, featuring a combination of 60's and 70's hits.

June 8 - The Steve Scott Project

A percussion-heavy mix of Jazz, Reggae, Calypso, Latin Jazz, Brazilian music, Top 40 and R&B.



June 15 - *Bad Influence Band* Washington, D.C.-based, blues-infused, high-energy

June 22 - Latin Soul

music.

Authentic salsa, rhumba, meringue, cha-cha, bachata, boleros, and more!

June 29 - *Maxwell Street* 1940's-1950's Blues and Swing Masters!

All concerts are free No registration is required.

Garden Teas
for Children

Children will learn proper tea etiquette, socialize, and play flamingo croquet, weather permitting. Dress-up is encouraged. Ages: 6-10; Fee: \$22.00,

FOBG: \$20.00; 12:00 - 1:30pm

Registration required at www.ParkPASS.org

Course No. 103404 - Saturday, May 1 **Course No. 103405** - Saturday, May 15 **Course No. 103407** - Saturday, June 5 **Course No. 103408** - Saturday, June 19

Summer Camps



Registration required

Budding Artists Camp I - June 21-25

Children who love art will enjoy expressing themselves in the garden while learning several art techniques, including drawing, collages, and painting.

Course No. 99952 - 1:00-3:00pm; Ages: 8-10; Fee: \$85.00/wk

Budding Artists Camp II - June 28-July2

Course No. 99955 - 10:00-11:30am; Ages: 5-7; Fee: \$75.00/wk **Course No. 99956** - 1:00-3:00pm; Ages: 8-10; Fee: \$85.00/wk

2 Jings of Fancy Live Butterfly Exhibit y

May 1 through September 19

10:00 a.m. to 4:00 p.m. dailyFees: \$6 adults; \$4, ages 3-12
Brookside Gardens South Conservatory

New! Purchase your Frequent Visitor Pass and enjoy unlimited return visits this season.

We regret that we are unable to accommodate strollers in the Butterfly Exhibit.

To volunteer, call 301-962-1429. Wings of Fancy Hotline: 301-962-1453

Youth Groups Tours

of the "Wings of Fancy" Butterfly Exhibit



Bring your youth group (public and private schools, home schools, scouts and summer camps) to this live butterfly exhibit for a special guided tour with a knowledgeable

docent. Groups of 15 or more, ages 6 and up are requested to make an appoint-

301-962-1467. Tours are available weekdays from 10am to 1pm, at half-hour intervals. A maximum of 30 children can be scheduled per half-hour.

ment. Please call





Brookside GARDENS

Adult Programs

Painting on Silk

Explore design, color and painting on silk in this hands-on workshop with Sarasota, Florida-based artist Jamie Kirkell. Perfect for both beginner and seasoned artists, you'll enjoy this new and easy way of painting on silk, and will create 3-4 of your own silk masterpieces. The silk scarves, wax resist and colors are included. Additional materials list will be provided after registration. FOBG: \$205

101799 18 & up 2 Classes \$225 5/14 F, Sa 10:00am-4:00pm

Nursery Tour: Asiatica & McLean Nurseries

By popular demand, we're offering a trip to two nurseries featured in our Fall '09 lecture series. Asiatica, in Lewisberry, PA, is rarely open to groups, but owner Barry Yinger has invited us to view (and shop!) his impressive collection of new and extremely hard-to-find plants. McLean Nurseries in Parkville, MD, offers a wide selection of hard-to-find hollies, many of which were highlighted in Diane Lewis' Fall '09 lecture. Fee includes coach transportation and boxed lunch.

102655 18 & up 1 Class \$95 5/25 Tu 7:00am-5:00pm

Blueberries & Strawberries Container

Adding edible plants to your ornamental garden will provide a beautiful and delicious return on your investment! In this new program, Joan O'Rourke with the Friends of Brookside Gardens will show you how to plant and grow blueberries and strawberries year-round in a large container. Course fee covers all materials, plus planting, care, and winter maintenance instructions. FOBG \$54 101852 18 & up 1 Class \$59 6/2 W 1:30pm-3:30pm

Botanica 2010

The Art and Science of Plants • May 22-July 10



Enjoy this juried exhibition of beautifully illustrated botanical portraits and other botanically inspired works, created by students and teachers from the Brookside Gardens School of Botanical Art & Illustration. On display now at the Brookside Gardens Visitor Center.

New this year...

Meet the Artists!

From 10am-2pm each Saturday in June, teachers from the Brookside Gardens School of Botanical Art & Illustration or a representative from the Botanical Art Society of the National Capital Region will be on hand to talk with you about botanical art and illustration.

Ayurvedic Cooking

Join Liz Chabra, Ayurvedic cook and yoga instructor, for a demonstration of Ayurvedic cooking. Ayurveda prescribes unique regimens of diet, exercise, herbs and gentle cleansing techniques to maintain health by restoring balance. Liz will introduce us to Ayurvedic diet and nutrition concepts using a wide variety of spices, herbs and other ingredients, some of which may be new to you. From cardamom to cayenne, fennel to fenugreek, ghee to garam marsala, we'll taste (mmm!), touch, see, and smell all the goodness that goes into Ayurvedic cooking. FOBG \$67

Focus on Butterflies!

On this special morning, ten photographers (and their tripods) will be welcomed into the conservatory to photograph our live butterflies before the "Wings of Fancy" Butterfly Exhibit opens to the general public. FOBG \$27

100651	18 & up	1 Class	\$30	6/6 Su	8:00am-10:00am
100516	18 & up	1 Class	\$30	6/12 Sa	8:00am-10:00am
100520	18 & up	1 Class	\$30	7/10 Sa	8:00am-10:00am
100652	18 & up	1 Class	\$30	7/18 Su	8:00am-10:00am
100522	18 & up	1 Class	\$30	7/24 Sa	8:00am-10:00am
100524	18 & up	1 Class	\$30	8/7 Sa	8:00am-10:00am
100653	18 & up	1 Class	\$30	8/15 Su	8:00am-10:00am
100525	18 & up	1 Class	\$30	8/21 Sa	8:00am-10:00am
100654	18 & up	1 Class	\$30	8/29 Su	8:00am-10:00am

Necklace Potpourri

Dip into our cache of beads to create a unique necklace with Stephanie Oberle, Director of Brookside Gardens (and talented jewelry designer). First we'll choose a focal bead from a variety of glass, clay, shell, and preserved flowers and leaves. Next, we'll sift through a selection of accent beads like glass leaves and flowers, wood, pearls, shell, stone, and a colorful assortment of glass seed beads. Then we'll complete our necklaces with a sterling silver or vermeil clasp. Fee covers all materials to make one necklace. Tool kits are available for use in class, but please bring your own tools if you have them. FOBG \$40 101849 18 & up 1 Class \$45 6/9 W 10:00am-12:00pm

Plant Identification Walks

Join us for educational plant walks with our expert horticultural staff throughout the growing season, and learn more about some of the best and brightest plants in our collections. A handout with botanical and common names of each plant will be provided for each session. FOBG \$4

Walk: Edible Plant ID with Diane Lewis

102452 18 & up 1 Class \$5 6/9 W 1:00pm-2:30pm

Walk: Woody Plant ID with Phil Normandy 102453 18 & up 1 Class \$5 6/23 W 1:00pm-2:30pm



The benefits are many, including discounts at area nurseries and garden centers, 10% off at our gift shop (except sale items), 10% off at the Friends' Fall Plant sale, and discounts on many Brookside Gardens programs (look for the "FOBG" price at the end of course descriptions). Visit BrooksideGardens.org for more details.



Butterfly & Garden Photography

Learn how to use basic photographic equipment to capture striking images of butterflies and flowers in this two-session workshop. We'll spend the first class photographing colorful butterflies inside Brookside Gardens' Conservatory, and the second class outside in the gardens, shooting blooming flowers. The second session will also include a formal critique of your photographs by the instructor (in the Visitors Center Adult Classroom). Fee covers instruction plus illustrated handouts and prints. Please have a working knowledge of your camera, and bring all photo equipment to both sessions (including a digital memory card or film, extra batteries, and camera manual). A tripod is optional, but highly recommended. Point-and-shoot cameras are fine, but dramatic photographs of butterflies can be challenging with the limited options offered by basic models. FOBG \$41

101000 18 & up 2 Classes \$46 6/19 & 26 Sa 8:00am-10:00am 101001 18 & up 2 Classes \$46 6/20 & 27 Su 8:00am-10:00am

Ikebana Flower Arranging: Sangetsu School

Experience the joy of Ikebana flower arranging in this introductory two-hour workshop. Sangetsu ("mountain moon") is a school of flower arranging inspired by visionary master artist Mokichi Okada, who promoted a spiritual approach to life through beauty. Learn how to create original arrangements using this art form with a small amount of plant and floral materials. Fee covers all materials. FOBG \$40 102203 18 & up 1 Class \$45 6/23 W 1:00pm-3:00pm

Vegetables with Attitude with Judy Brown

Explore a variety of fresh garden vegetables as subjects of a watercolor painting. You'll learn to arrange vegetables to best portray their "attitude," do some graphite sketches, and then create

a small watercolor painting. You'll leave the class with a matted painting, ready for framing. Vegetable attitudes can be pretty funny, so be prepared to enjoy the experience. No watercolor experience necessary; all materials provided. FOBG \$44

100950 All Ages 1 Class \$49 6/26 Sa 1:00pm-4:00pm

Making Something from Nothing

Come contemplate creative and artistic uses for "waste" with Brookside Gardens' own Katie Hillesland. This interactive, fun class will inspire you to cultivate a new attitude toward things we discard each day, and make something useful out of common household items that you'd normally throw away. Bring your own materials (clean them up a little first!) or work with some of Katie's favorite trash. FOBG \$22

Passionate Fruit with Judy Brown

Learn about the secret life of fruit in this hands-on art workshop. You'll examine your fruit closely and do graphite sketches first, then paint a small watercolor picture. No experience with watercolor is necessary, and all materials will be provided. We'll then mat our watercolors and leave with a masterpiece ready to be framed. Bring your sense of humor, and be prepared to relax and enjoy the experience. FOBG \$44 101199 18 & up 1 Class \$49 7/24 Sa 1:00pm-4:00pm

Children's Programs

You're Invited to a Garden Tea Party

Your children will be delighted with the fanciful tables, tea, and treats waiting for them outside in the Anderson Island Pavilion. We'll learn proper tea etiquette, socialize, and play flamingo croquet (weather permitting). Dress-up is encouraged. In case of inclement weather, we'll move to the Children's Classroom, and follow tea with a rousing game of charades. FOBG \$20

103405	6-10yrs	1 Class	\$22	5/15	Sa	12:00pm-1:30pm
103407	6-10yrs	1 Class	\$22	6/5	Sa	12:00pm-1:30pm
103408	6-10vrs	1 Class	\$22	6/19	Sa	12:00nm-1:30nm

Flower Buds

This once-a-month series meets the second Monday of every month. The morning will include gardening activities, stories, crafts, and garden walks for children ages 3-5, accompanied by an adult.

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101403	3-5yrs	1 Class	\$3	6/14	M	10:30am-11:30am
101404	3-5yrs	1 Class	\$3	7/12	M	10:30am-11:30am
101405	3-5vrs	1 Class	\$3	8/9	M	10:30am-11:30am

Dig-in, Dig-out! School Is Out!

Did you know every third bite of food we eat is produced with the help of a pollinator? "Dig-in, Dig-out" activity tables will be set up in our Children's Classroom Monday-Friday, June 21-25, from 10am-1pm. Stop by the tables any time this week and learn how you can help protect pollinators—insects like bees and butterflies—that are essential to farms and food production. Make and take home a hands-on craft. Cancelled in the event of rain. Free, no registration required.

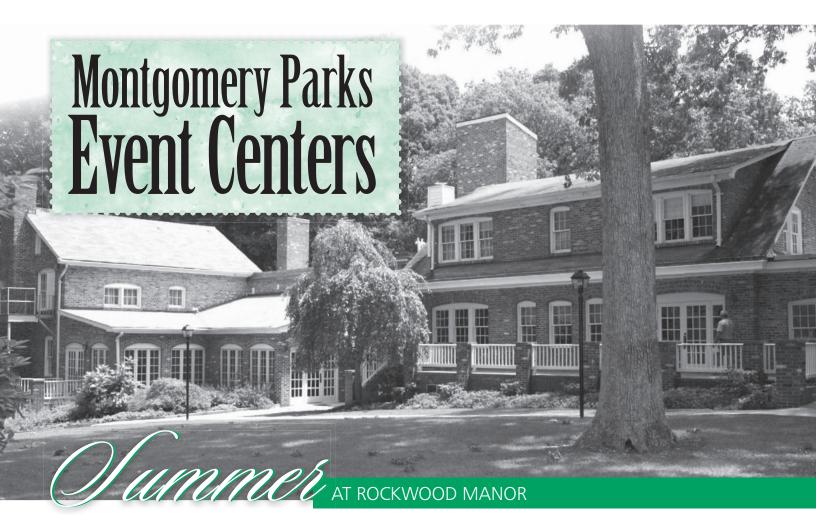
101499 All Ages 5 Classes FREE 6/21 M-F 10:00am-1:00pm



Saturday Morning Storytimes

Encourage your child's imagination and creativity at Brookside Gardens' free nature story and craft. Different story each week, followed by a hands-on craft. Join us every Saturday from 10-10:30am, through June 12. For children 3-6 years old.

FREE! No registration required



Rockwood Events

Join us for summer fun and learning at Rockwood Manor!

NEW! MASSAGE THERAPY

Massage therapy with a licensed Massage Therapist is now available at Rockwood. Day, evening & weekend appointments available. Call 301-299-5026 to schedule your massage.

SUMMER DINING SERIES

Foodies, take note! This new series features area chefs and caterers sharing their expertise and culinary creations at beautiful Rockwood Manor. See page 115 for more details and registration information.

Grill-Side Feast with Chef Zello | Tuesday, July 13 Barbeque, Rockland-Style | Tuesday, July 20 From Field to Table with Corcoran Caterers Thursday, July 29





Be good to yourself and join us on the road to wellness. This new five-part series (Tuesday nights, June 8-July 6) will feature expert speakers and practitioners presenting programs on wellness coaching, aromatherapy and different kinds of massage. See page 115 for all the details and registration information.

FREE SUMMER MOVIES!

Watch movies under the stars at beautiful Rockwood Manor. Bring a picnic dinner, or purchase one of ours (call to reserve). Popcorn and beverages also available for purchase. Dates: Wednesdays, June 9, July 14 and August 18. Movies begin at dusk.

Rockwood Manor | 11001 MacArthur Boulevard | Potomac, MD 20854

Rockwood Rentals

Host your wedding, anniversary/ birthday/engagement party, family reunion or other celebration at Rockwood this summer. Call us today at 301-299-5026!

- 4-hour party packages \$500
- 8-hour party packages \$1,900-\$4,000 (varies with day of week)
- Capacity: 130 indoor; 200 outdoor
- Overnight accommodations for up to 116 people on site!
- Potomac location convenient to Maryland, Virginia & D.C.





AGRICULTURAL HISTORY FARM PARK now available for your special day A turn-of-the-century farm house and barn, contemporary activity center and beautiful, rolling meadows offer many options to create a memorable celebration. 4- and 8-hour packages available | Rentals from \$500-\$1550 | Capacity: 250

18400 Muncaster Road, Derwood, MD 20855

More Parks Event Centers

SENECA LODGE

Handsome log cabin with cathedral ceilings, massive stone fireplace and two decks overlooking 26 acres of parkland.

4- and 8-hour packages available | Rentals from \$500-\$2200 Capacity 120 indoors (dinner & dancing), 175 (seated theatre-style for meetings), 300 outdoors.

14500-A Clopper Road, Boyds, MD 20841



could look.

WOODLAWN MANOR

Georgian-style manor house (circa 1800) sitting atop rolling green hills in historic Sandy Spring, Maryland.

4- and 8-hour packages available | Rentals from \$500-\$1550 Capacity 40 indoors, 200 outdoors

16501 Norwood Road, Sandy Spring, MD 20860









Special Events & Classes

These fun, one-of-a-kind classes, events and and programs take place in different parks and Park facilities throughout Montgomery County.

Kids

Kids' Fishing Day!

Get in on the fishy fun! Free cane pole to the first 25 kids registered, and prizes for the boys and girls who catch the

biggest, smallest, and greatest number of fish. We'll teach the kids how to bait a hook with worms, put their line in the water, and pull those fish in. We'll also talk about the kinds of fish that swim in this lake, what they like to eat, and the best way to catch them. You'll receive an email if you are one of the first 25 registrants; otherwise, bring your pole!

Black Hill Boats

109250 3-15yrs 1 Class \$8 5/22 8:30am-10:30am **Lake Needwood Boats**

109249 3-15yrs 1 Class \$8 6/12 8:30am-10:30am

Miss Spider's Tea Party

Join Miss Spider for tea and cookies, and a story or two about your favorite arachnid, created by author and illustrator David Kirk. Games and crafts, too!

Rockwood Manor Park

112999 3-6yrs 1 Class \$25 10:00am-11:30am

Father's Day Garden Party

Celebrate Father's Day with your children at a garden party planned especially for Dad! The morning will include games, arts & crafts and refreshments.

Rockwood Manor Park

111601 3-8yrs 1 Class \$20 6/19 10:00am-11:30am

Now available!

Montgomery Parks GIFT CARDS

Get your Montgomery Parks Gift Card, load it up with whatever dollar amount you like, and have fun using it at these fine Montgomery Parks facilities:

- Black Hill Boats
 Lake Needwood Boats
- Cabin John Train
 Wheaton Train
 Carousel
 - Cabin John Ice Rink
 Wheaton Ice Arena
 - South Germantown Mini-Golf & Splash Playground • Little Benett Campground

Cards not valid for class/camp registrations,

Princess Gala

Give your little princess a day of fairytale fun! Rockwood Manor in Potomac will be transformed into a world of crafts, jewelry making, mini-makeovers, princess accessorizing, treats, and a royal photo session. A magical tea party tops off the day! Fee covers one parent and one child; please register the child only.

Rockwood Manor Park

112400	3-8yrs	1 Class	\$25	6/22	Tu	10:00am-11:30am
112399	3-8yrs	1 Class	\$25	7/11	Su	10:00am-11:30am
112401	3-8vrs	1 Class	\$25	8/8	Su	3:00pm- 4:30pm

Firefly Fantasia

Learn about fireflies and how you can attract them to your backyard. We'll play firefly-inspired games and do firefly crafts \$ while it's still light outside. Then, as night falls, we'll enjoy the natural light show, roast marshmallows and make s'mores around the campfire. Bring a flashlight and meet at the campfire ring.

Rockwood Manor Park

111749 All ages 1 Class \$6 6/24 6:30pm-9:00pm

Tree Detective

Learn how to read the clues and identify trees on a hike through Rockwood Manor Park with Urban Forester Jeanne Kavinski. Sturdy walking shoes, long pants and insect repellant encouraged.

Rockwood Manor Park

111399 10 & up 1 Class \$2 7/10 Sa 8:00am-10:00am

Pirate Adventures

Ahoy, matey! Come dressed in your pirate best and search for long-lost treasure. We'll play pirate games, make swords, pirate hats and eye patches, and have a jolly (roger) good time. Fee covers one child and one parent; please register the child only.

Rockwood Manor Park

112402 3-8yrs 1 Class \$20 7/18 Su 3:00pm-4:30pm



Adults

Camping Workshop

Come learn or brush up on your camping skills, then have fun putting them to good use! First, join us for a five-hour Camping Workshop on June 6,



where we'll cover a variety of basic camping skills to include campfire building, setting up tents, sleeping bags, bed rolls, tarps, and outdoor cooking methods, including Dutch oven cooking, campfire cooking, baking in a box, and with a propane stove. We'll enjoy our outdoor cooking meals for lunch. Then come back with your family on Saturday, June 26 for an overnight campout at beautiful Little Bennett. Staff will be onsite that night if you have questions or need help. Fee covers one class registration and one campsite, which can accommodate up to 6 people. With each paid full registration, three additional members of your camping party (ages 16 and up) may register for the 6/6 class for just \$20 each. Beginners welcome!

112549 16 & up 2 Classes \$50 Su 6/6 10:00am-3:00pm and Sat. 6/27-Sun. 6/28 7:00pm -10am

Bicycle Repair Clinic

Do you know how to fix a flat, repair your chain or properly lubricate your bike? Norman Lebow, avid cyclist and Bike Patrol Coordinator of the Palisades section of the C&O Canal, will teach you how to care for your bike in this two-hour clinic.

Rockwood Manor Park

112352 15 & up 1 Class \$10 8/19 Th 6:30pm-8:30pm

Wellness 360

Be good to yourself and join us on the road to wellness in this five-part series, Tuesday nights June 8-July 6 at Rockwood Manor. Sign up for one or all five! Aromatherapy and all massage classes are taught by veteran Massage Therapist Caryn Martin.

Rockwood Manor Park • Wellness Coaching

Find your way back to balance with Wellness Coach and Massage Therapist David Cockrell. He'll discuss the benefits of wellness coaching and how it works, help you assess the current state of your physical, mental and emotional health, and create a plan to reach your wellness goals.

112454 18 & up 1 Class \$25 6/8 Tu 6:00pm-7:30pm

Aromatherapy & Essential Oils

Learn how to create a variety of aromatherapy oils, each with a different scent and use. Keep some for yourself, and give some as gifts!

112450 18 & up 1 Class \$25 6/15 Tu 7:00pm-8:30pm

• Self-Care Massage Therapies

No one around to give you a massage? Do it yourself! Come learn how to massage your own head, face, feet and hands to relieve pain and stress. 112453 18 & up 1 Class \$25 6/22 Tu 7:00pm-8:30pm

Wellness 360 (cont.)

Massage for Friends & Family

Massage Therapist Caryn Martin will teach you how to massage the muscles and tissue of the back, shoulders, hands and feet. Your friends and family will be eternally grateful. Better yet, ask them to take the class too, so they can return the favor!

112451 18 & up 1 Class \$25 6/29 Tu 6:00pm-7:30pm

Seated Massage

If you don't have time for a full body massage, this class will teach you how to massage the back, shoulders, hands and feet while the massage recipient is seated in a chair.

112452 18 & up 1 Class \$25 7/6 Tu 6:00pm-7:30pm

Rockwood Summer Dining Series

Join us for a series of very special cooking demos and discussions at Rockwood Manor this summer! Each class will be led by a local restaurateur or caterer, and give you the chance to ask questions, learn cooking tips and tricks of the trade, and enjoy the fruits (and vegetables, etc.) of their labors together afterwards!

Chef Zello's Eat & Learn Grill-Side Feast

Experience a "taste of summer" dinner and cooking demonstration with Stone Soup Catering's very own Chef Zello featuring tequila-marinated shrimp skewers with jalapeno-cilantro cream, herbed flank brushed with steak butter, honey BBQ chicken, cowboy corn, refreshing summer slaw and more!

Rockwood Manor Park

112000 18 & up 1 Class \$65 7/13 Tu 7:00pm-9:30pm

• Barbeque, Rockland-Style

Come on out to Rockwood Manor to hear Rocklands Barbeque and Grilling Company founder John Snedden show and tell secrets of memorable barbequing with wood and hardwood charcoal. Baby Back Ribs, Boston Butts (pork), Beef Brisket, Chicken and more will be prepped, barbequed and served, along with fresh summer salads, jalapeno honey cornbread, and good old-fashioned Sweet Tea.

Rockwood Manor Park

113649 18 & up 1 Class \$45 7/20 Tu 7:00pm-9:30pm

• Field to Table with Corcoran Caterers

Prep, cook and enjoy a simple, healthy and seasonal summer supper al fresco with the talented staff of Corcoran Caterers. Learn how to get creative and passionate with the abundance of fabulous local food, enjoy fun team-building activities, and eat under the stars! Class includes generous tastings of tapas-style appetizers, entrees and desserts, all created with ingredients fresh off the farm. Take home recipes for all the dishes, too.

Rockwood Manor Park

112349 18 & up 1 Class \$85 7/29 Th 7:00pm-9:30pm



at South Germantown



Mini-Golf

Are you a mini-golf pro? These two challenging 18-hole courses will test your mini-golf talent!



Come-Backer Card

Play 4 rounds, get the 5th FREE! Cards available at the ticket window.





Special Events

July 4 Mini-Golf Splash-a-Thon!

Sunday, July 4, 10am-8pm \$6 for 2 rounds of mini-golf & all you can splash

Party at the Splash Playground

Two party tents available

Large: Seats 75-100; \$40/hour • Medium: Seats 35; \$30/hour Get Combo Splash and Golf tickets for everyone for just \$7 each, and you've got yourselves a party!

NEW! Check availability online at ParkPASS.org, then call 301-601-4410 (7am-3pm, M-F) at least a week in advance to reserve. See web for more info.



Splash Playground

Wet and wonderful fun for kids of all ages! 36-foot water maze, massive waterfall and water tunnel, water animals, rainforest and more splashy fun.

NEW Family discounts are available! Ask at the ticket window.

SPLASH & GOLF HOURS 10AM-7PM

SCHEDULE

May 29-May 31, Open Memorial Day weekend June 1-13, Open Saturdays and Sundays only June 14-August 29, Open daily September 4-6, Open Labor Day weekend

FEES

MINI-GOLF | \$4.50 per round per person Senior rate: \$4.00 per round SPLASH PARK | \$4.50 admission all day long

SplashandGolf.com

South Germantown Splash Playground & Miniature Golf | 18056 Central Park Circle | Boyds, MD 20841 301-601-3580 Hours & Fees Recording | 301-601-3581 Live info during season | 301-601-4410



Ice Skating

Cabin John Ice Rink 10610 Westlake Drive Rockville, MD 20852 301-765-8620 www.CabinJohnIce.com



Wheaton Ice Arena 11717 Orebaugh Avenue Wheaton, MD 20902 301-905-3000 www.WheatonIceArena.com

▶▶ REGISTRATION DATES ◀◀

- Registration for all Summer Ice Skating classes (beginning July 9) runs June 15-July 5.
- No registrations will be processed before these dates.
- Beginning July 6, you may register in person at the rink offering your class (additional \$10 service fee).
- Transfer requests will incur a \$5 processing fee.

▶ PLEASE NOTE ◀

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience.
 If you're new to skating, Tot 1 (for ages 3-4) and Pre-Alpha classes (all ages) are the best places to start.
- Both rinks will be closed May 29-31 and July 3-5.
 No classes will be held at either rink May 28-31.

>> COURSE FEES COVER 44

- Six 30- or 45-minute lessons, depending on the class.
- A practice card good for admission to 6 or 9 practice sessions (depending on the class) during public skating sessions. Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

▶ FOUR WAYS TO REGISTER ◀

- Online at www.ParkPASS.org
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks.

Tot

The Tot curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. Bicycle helmets strongly recommended for beginners.

Tot 1

Learn the proper way to fall down and stand up, marching, and marching while moving. Proper skate fitting will also be covered.

Cabin John Ice Rink

110855 3-4yrs 6 Classes \$96

11	0852	3-4yrs	6 Classes	\$96	7/10	Sa	10:00am-10:30am		
11	0854	3-4yrs	6 Classes	\$96	7/11	Su	2:00pm- 2:30pm		
11	0853	3-4yrs	6 Classes	\$96	7/14	W	4:30pm- 5:00pm		
W	Wheaton Ice Arena								
11	0551	3-4yrs	6 Classes	\$96	7/10	Sa	11:45am-12:15pm		
11	0552	3-4yrs	6 Classes	\$96	7/11	Su	11:15am-11:45am		

7/9 F

4:15pm- 4:45pm

Tot 2 Prerequisite: Tot 1

Learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide.

Cabin John Ice Rink

110860	3-4yrs	6 Classes	\$96	7/9	F	4:45pm- 5:15pm
110856	3-4yrs	6 Classes	\$96	7/10	Sa	11:00am-11:30am
110857	3-4yrs	6 Classes	\$96	7/11	Su	1:30pm- 2:00pm
110859	3-4vrs	6 Classes	\$96	7/15	Th	10:00am-10:30am

Tot 2 (cont.)

Wheaton Ice Arena

110555 3-4yrs 6 Classes \$96 7/10 Sa 11:45am-12:15pm

Tot 3 Prerequisite: Tot 2

Learn forward swizzles, push and glide stroking, dips, and preparation for the snow plow stop.

Cabin John Ice Rink

110864	3-4yrs	6 Classes	\$96	7/9	F	5:15pm- 5:45pm
110862	3-4yrs	6 Classes	\$96	7/10	Sa	12:45pm- 1:15pm
110863	3-4yrs	6 Classes	\$96	7/11	Su	1:00pm- 1:30pm
110861	3-4vrs	6 Classes	\$96	7/12	M	4:00pm- 4:30pm

Parent & Tot Ice Skating Skating is fun, and great exercise for you and your child! This class teaches toddlers beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march and march while moving on the ice.

You'll need basic skating skills to participate in on-ice activities with your child. Bicycle helmets recommended. Fee covers one child and one parent; register child only.

Cabin John Ice Rink

Cubin John ice	KIIIK			
110850 3-5yrs	6 Classes	\$96	7/10 Sa	10:00am-10:30am
110849 3-5yrs	6 Classes	\$96	7/10 Sa	10:30am-11:00am
110851 3-5yrs	6 Classes	\$96	7/11 Su	1:00pm- 1:30pm
Wheaton Ice A	rena			
110549 3-5yrs	6 Classes	\$96	7/10 Sa	11:45am-12:15pm
110554 3-5yrs	6 Classes	\$96	7/11 Su	11:15am-11:45am



Pre-Alpha

Pre-Alpha classes are designed for beginners or people with minimal ice skating experience. Learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward.

Pre-Alpha, Preschool

Cabin John Ice Rink

110868	4-6yrs	6 Classes	\$96	7/9	F	4:45pm- 5:15pm
110875	4-6yrs	6 Classes	\$96	7/9	F	5:45pm- 6:15pm
110869	4-6yrs	6 Classes	\$96	7/10	Sa	9:00am- 9:30am
110870	4-6yrs	6 Classes	\$96	7/10	Sa	10:30am-11:00am
110871	4-6yrs	6 Classes	\$96	7/10	Sa	12:15pm-12:45pm
110872	4-6yrs	6 Classes	\$96	7/11	Su	11:30am-12:00pm
110873	4-6yrs	6 Classes	\$96	7/11	Su	2:00pm- 2:30pm
113108	4-6yrs	6 Classes	\$96	7/12	M	4:00pm- 4:30pm
113102	4-6yrs	6 Classes	\$96	7/13	Tu	4:30pm- 5:00pm
110874	4-6yrs	6 Classes	\$96	7/14	W	10:00am-10:30am
110865	4-6yrs	6 Classes	\$96	7/14	W	4:30pm- 5:00pm
110866	4-6yrs	6 Classes	\$96	7/15	Th	9:30am-10:00am
110867	4-6yrs	6 Classes	\$96	7/15	Th	4:30pm- 5:00pm
Wheat	on Ice A	rena				

Wheaton Ice Arena

110556	4-6yrs	6 Classes	\$96	7/10	Sa	11:45am-12:15pm
110557	4-6yrs	6 Classes	\$96	7/11	Su	10:30am-11:00am
110558	4-6yrs	6 Classes	\$96	7/15	Th	5:00pm- 5:30pm

Pre-Alpha, Youth

Cabin John Ice Rink

110876	6-12yrs	6 Classes	\$96	7/9	F	4:45pm- 5:15pm			
110877	6-12yrs	6 Classes	\$96	7/10	Sa	9:00am- 9:30am			
110878	6-12yrs	6 Classes	\$96	7/10	Sa	12:15pm-12:45pm			
110879	6-12yrs	6 Classes	\$96	7/11	Su	11:30am-12:00pm			
110883	6-12yrs	6 Classes	\$96	7/11	Su	2:00pm- 2:30pm			
110880	6-12yrs	6 Classes	\$96	7/12	M	4:00pm- 4:30pm			
113103	6-12yrs	6 Classes	\$96	7/13	Τ	4:30pm - 5:00pm			
110881	6-12yrs	6 Classes	\$96	7/14	W	10:00am-10:30am			
113101	6-12yrs	6 Classes	\$96	7/14	W	4:30pm- 5:00pm			
113199	6-12yrs	6 Classes	\$96	7/15	Th	10:00am- 10:30am			
110882	6-12yrs	6 Classes	\$96	7/15	Th	4:30pm- 5:00pm			
Wheaton Ice Arena									

110560	6-12yrs	6 Classes	\$96	7/10	Sa	11:45am-12:15pm
110561	6-12yrs	6 Classes	\$96	7/11	Su	10:30am-11:00am
110562	6-12yrs	6 Classes	\$96	7/15	Th	5:00pm- 5:30pm

Pre-Alpha, Teen/Adult

Cabin John Ice Rink

				,	8:30am- 9:00am 6:45pm- 7:15pm
Wheat	on Ice Ar	ena	•	•	11:15am-11:45am

Coming soon to Cabin John Ice Rink...

THE POTOMAC OPEN

Mark your calendars now for Friday, August 20 through Sunday, August 22, when the Washington Figure Skating Club hosts The Potomac Open at Cabin John Ice Rink. For more information, visit http://sites.google.com/site/wfscpotomacopen/home

Pre-Alpha Plus Prerequisite: Pre-Alpha

Learn forward stroking, one-foot glides, forward swizzles with a two-foot glide, backward swizzles and beginning snowplow stops.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

110889	4-6yrs	6 Classes	\$96	7/9	F	4:15pm- 4:45pm			
110890	4-6yrs	6 Classes	\$96	7/10	Sa	9:30am-10:00am			
110891	4-6yrs	6 Classes	\$96	7/10	Sa	10:30am-11:00am			
110892	4-6yrs	6 Classes	\$96	7/10	Sa	1:15pm- 1:45pm			
110893	4-6yrs	6 Classes	\$96	7/11	Su	11:30am-12:00pm			
110894	4-6yrs	6 Classes	\$96	7/11	Su	1:30pm- 2:00pm			
113109	4-6yrs	6 Classes	\$96	7/12	M	5:00pm- 5:30pm			
113104	4-6yrs	6 Classes	\$96	7/13	Τ	5:45pm- 6:15pm			
110887	4-6yrs	6 Classes	\$96	7/14	W	5:30pm- 6:00pm			
110888	4-6yrs	6 Classes	\$96	7/15	Th	4:00pm- 4:30pm			
Wheaton Ice Arena									

110566 4-6yrs	6 Classes	\$96	7/10	Sa	11:15am-11:45am
110567 4-6yrs	6 Classes	\$96	7/11	Su	10:30am-11:00am
110568 4-6yrs	6 Classes	\$96	7/15	Th	5:30pm- 6:00pm

Pre-Alpha Plus, Youth

Cabin John Ice Rink

	110899	6-12yrs	6 Classes	\$96	//9	ŀ	4:15pm- 4:45pm		
	110900	6-12yrs	6 Classes	\$96	7/10	Sa	9:30am-10:00am		
	110903	6-12yrs	6 Classes	\$96	7/10	Sa	1:15pm- 1:45pm		
	110904	6-12yrs	6 Classes	\$96	7/11	Su	12:00pm-12:30pm		
	110901	6-12yrs	6 Classes	\$96	7/11	Su	1:30pm- 2:00pm		
	110902	6-12yrs	6 Classes	\$96	7/12	M	4:30pm- 5:00pm		
	110895	6-12yrs	6 Classes	\$96	7/13	Tu	5:45pm- 6:15pm		
	110896	6-12yrs	6 Classes	\$96	7/14	W	9:30am-10:00am		
	110897	6-12yrs	6 Classes	\$96	7/14	W	5:30pm- 6:00pm		
	110898	6-12yrs	6 Classes	\$96	7/15	Th	4:00pm- 4:30pm		
Wheaton Ice Arena									
	110600	6-12yrs	6 Classes	\$96	7/10	Sa	11:15am-11:45am		
	110602	6-12yrs	6 Classes	\$96	7/11	Su	10:30am-11:00am		

Pre-Alpha Plus, Teen/Adult

Cabin John Ice Rink

110603 6-12yrs 6 Classes \$96

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112003	12 & up	6 Classes	\$96	7/10	Sa	8:30am- 9:00am			
112004	12 & up	6 Classes	\$96	7/15	Th	6:45pm- 7:15pm			
Wheaton Ice Arena									
110604	12 & up	6 Classes	\$96	7/10	Sa	11:15am-11:45am			

7/15 Th

5:30pm- 6:00pm

Alpha Prerequisite: Pre-Alpha Plus

Learn forward stoking, forward crossovers, and snowplow stop.

Alpha, Preschool

Cabin John Ice Rink

110912	4-6yrs	6 Classes	\$96	7/9	F	5:15pm- 5:45pm
110913	4-6yrs	6 Classes	\$96	7/10	Sa	9:00am- 9:30am
110914	4-6yrs	6 Classes	\$96	7/10	Sa	11:45am-12:15pm
110915	4-6yrs	6 Classes	\$96	7/11	Su	12:30pm- 1:00pm
110916	4-6yrs	6 Classes	\$96	7/12	M	4:30pm- 5:00pm
110908	4-6yrs	6 Classes	\$96	7/13	Tu	5:15pm- 5:45pm
110909	4-6yrs	6 Classes	\$96	7/14	W	4:00pm- 4:30pm
110910	4-6yrs	6 Classes	\$96	7/15	Th	10:30am-11:00am
110911	4-6yrs	6 Classes	\$96	7/15	Th	5:45pm- 6:15pm

Alpha, Youth

Cabin John Ice Rink

110922	6-12yrs	6 Classes	\$96	7/9	F	5:15pm- 5:45pm
110923	6-12yrs	6 Classes	\$96	7/10	Sa	9:00am- 9:30am
110924	6-12yrs	6 Classes	\$96	7/10	Sa	11:45am-12:15pm
110925	6-12yrs	6 Classes	\$96	7/11	Su	12:30pm- 1:00pm
110917	6-12yrs	6 Classes	\$96	7/12	M	4:30pm- 5:00pm
110918	6-12yrs	6 Classes	\$96	7/13	Tu	5:15pm- 5:45pm
110919	6-12yrs	6 Classes	\$96	7/14	W	5:00pm- 5:30pm
110920	6-12yrs	6 Classes	\$96	7/15	Th	10:30am-11:00am
110921	6-12yrs	6 Classes	\$96	7/15	Th	5:45pm- 6:15pm

Alpha, All Ages

Wheaton Ice Arena

110605	4 & up	6 Classes	\$96	7/10	Sa	10:45am-11:15am
110606	4 & up	6 Classes	\$96	7/11	Su	9:45am-10:15am
110607	4 & up	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm

Alpha, Teen/Adult

Cabin John Ice Rink

112006	12 & up	6 Classes	\$96	7/10	Sa	9:00am- 9:30am
112005	12 & up	6 Classes	\$96	7/15	Th	7:15pm- 7:45pm

Beta Prerequisite: Alpha

Learn backward stroking, backward crossovers and T-stops. Forward crossovers will also be reviewed.

Beta, Preschool

Cabin John Ice Rink

Cubili	DIIII ICC	MIIIN				
110933	4-6yrs	6 Classes	\$96	7/9	F	5:45pm- 6:15pm
110934	4-6yrs	6 Classes	\$96	7/10	Sa	9:30am-10:00am
110936	4-6yrs	6 Classes	\$96	7/10	Sa	11:00am-11:30am
110935	4-6yrs	6 Classes	\$96	7/11	Su	12:00pm-12:30pm
110929	4-6yrs	6 Classes	\$96	7/12	M	5:00pm- 5:30pm
110930	4-6yrs	6 Classes	\$96	7/13	Tu	4:00pm- 4:30pm
110931	4-6yrs	6 Classes	\$96	7/14	W	5:00pm- 5:30pm
110932	4-6yrs	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm

Beta, Youth

Cabin John Ice Rink

110941	6-12yrs	6 Classes	\$96	7/9	F	5:45pm- 6:15pm
110942	6-12yrs	6 Classes	\$96	7/10	Sa	9:30am-10:00am
110943	6-12yrs	6 Classes	\$96	7/10	Sa	11:00am-11:30am
110944	6-12yrs	6 Classes	\$96	7/11	Su	12:00pm-12:30pm
110937	6-12yrs	6 Classes	\$96	7/12	M	5:00pm- 5:30pm
110938	6-12yrs	6 Classes	\$96	7/13	Tu	4:00pm- 4:30pm
110939	6-12yrs	6 Classes	\$96	7/14	W	5:00pm- 5:30pm
110940	6-12yrs	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm

Beta, All Ages

Wheaton Ice Arena

110609	4 & up	6 Classes	\$96	7/10	Sa	10:45am-11:15am
110612	4 & up	6 Classes	\$96	7/11	Su	9:45am-10:15am
110613	4 & up	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm

Beta, Teen/Adult

Cabin John Ice Rink

112007	12 & up	6 Classes	\$96	7/10	Sa	9:00am- 9:30am
112008	12 & up	6 Classes	\$96	7/15	Th	7:15pm- 7:45pm

Gamma Prerequisite: Beta

Learn forward outside and inside edges, forward outside and inside 3-turns, and beginning hockey stops.

Gamma, All Ages

Cabin John Ice Rink

112010	4 & up	6 Classes	Ş96	7/10	Sa	9:30am-10:00am
112011	4 & up	6 Classes	\$96	7/10	Sa	12:45pm- 1:15pm
112015	4 & up	6 Classes	\$96	7/11	Su	12:30pm- 1:00pm
112012	4 & up	6 Classes	\$96	7/12	M	5:30am- 6:00pm
112013	4 & up	6 Classes	\$96	7/14	W	4:00pm- 4:30pm
112014	4 & up	6 Classes	\$96	7/15	Th	5:15pm- 5:45pm
Wheat	on Ice A	\rena				
110614	4 & up	6 Classes	\$96	7/10	Sa	10:45am-11:15am
110615	4 & up	6 Classes	\$96	7/11	Su	9:45am-10:15am
110616	4 & up	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm

Gamma Teen/Adult

Cabin John Ice Rink

112009	12 & up	6 Classes	\$96	7/10	Sa	9:30am-10:00am
113049	12 & up	6 Classes	\$96	7/15	Th	7:45pm -8:15pm

Delta Prerequisite: Gamma

Learn forward inside mohawks, backward mohawks, bunny hop, lunge, shoot the duck, a crossover/mohawk combination, and review skills from Gamma.

Delta, All Ages

Cabin John Ice Rink

Cubili	Ullil ice	NIIIK							
112017	4 & up	6 Classes	\$96	7/10	Sa	9:30am-10:00am			
112018	4 & up	6 Classes	\$96	7/11	Su	1:00pm- 1:30pm			
112020	4 & up	6 Classes	\$96	7/13	Tu	6:15pm- 6:45pm			
112019	4 & up	6 Classes	\$96	7/14	W	6:00pm- 6:30pm			
Wheaton Ice Arena									
110619	4 & up	6 Classes	\$96	7/10	Sa	10:45am-11:15am			
110620	4 & up	6 Classes	\$96	7/11	Su	9:45am-10:15am			
110621	4 & up	6 Classes	\$96	7/15	Th	6:15pm- 6:45pm			

Delta Teen/Adult

Cabin John Ice Rink

112016 12 & up 6 Classes \$96 7/15 Th 7:45pm-8:15pm

Freestyle

Freestyle 1 Prerequisite: Delta

Learn forward inside pivots, two-foot spin, beginning one-foot spin, forward spiral, back edges, half-flip and a waltz jump.

Cabin John Ice Rink

110971	5 & up	6 Classes	\$144	7/10	Sa	10:15am-11:00am			
110972	5 & up	6 Classes	\$144	7/10	Sa	11:00am-11:45am			
113099	5 & up	6 Classes	\$144	7/14	W	6:45pm -7:30pm			
Wheaton Ice Arena									
110649	5 & up	6 Classes	\$96	7/15	Th	6:45pm- 7:15pm			

Freestyle 2 Prerequisite: Freestyle 1

Learn a ballet jump, half-lutz jump, one-foot forward scratch spin, two forward spirals on different edges, and a dance step sequence.

Cabin John Ice Rink

110973	5 & up	6 Classes	\$144	7/10	Sa	10:15am-11:00am
110974	5 & up	6 Classes	\$144	7/10	Sa	11:00am-11:45am
113100	5 & up	6 Classes	\$144	7/14	W	7:30pm- 8:15pm



- Wear one pair of thin socks
- Wear a hat and gloves for safety
- Arrive at the rink 15-20 minutes early.
- Helmets are highly recommended for beginning skaters.
- Pick up your practice card at the front desk.
- Pick up yourskates at the skate exchange. Ask for skates one size smaller than your sneaker size. You'll have better balance and protection against injuries!



Freestyle 2 (cont.)

Wheaton Ice Arena

110652 5 & up 6 Classes \$96 7/15 Th 6:45pm-7:15pm

Freestyle 3 Prerequisite: Freestyle 2

Learn backward pivots, salchow jump, toe loop jump, change foot spin, back spiral, back three-turns and a dance step sequence.

Cabin John Ice Rink

110975 5 & up 6 Classes \$144 7/10 Sa 10:15am-11:00am 113107 5 & up 6 Classes \$144 7/13 Tu 8:30pm-9:15pm

Wheaton Ice Arena

110653 5 & up 6 Classes \$96 7/15 Th 6:45pm-7:15pm

Freestyle 4 Prerequisite: Freestyle 3

Learn flip jump, loop jump, sit spin, and two back spirals on different edges. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

Cabin John Ice Rink

112021 5 & up 6 Classes \$144 7/10 Sa 11:00am-11:45am

Freestyle 4 (cont.)

Wheaton Ice Arena

110655 5 & up 6 Classes \$96 7/15 Th 7:15pm-7:45pm

Freestyle 5 Prerequisite: Freestyle 4

Learn lutz jump, axel jump, camel spin, combination spin (camel-sit-upright), and a fast back scratch spin. In order to complete this level, the student must also pass the dance step sequence class (offered separately).

Cabin John Ice Rink

113149 5 & up 6 Classes \$144 7/10 Sa 11:00am-11:45am **Wheaton Ice Arena**

110657 5 & up 6 Classes \$96 7/15 Th 7:15pm-7:45pm

Freestyle 6 Prerequisite: Freestyle 5

Learn split, falling leaf, or stag jump, combination jumps, double salchow, layback, and spin combinations.

Wheato

110659 \$96 7/15 Th 7:15pm-7:45pm

SPECIALTY OFFERINGS

Moves/Edges

These classes are designed for the Delta level and higher skater, and emphasize power, edge quality, extension of line, and quick, precise skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Beginner

Cabin John Ice Rink

110980 5 & up 6 Classes \$144 7/10 Sa 10:15am-11:00am 113105 5 & up 6 Classes \$144 7/13 Tu 7:00pm-7:45pm

Wheaton Ice Arena

110660 4 & up 6 Classes \$96 7/15 Th 6:45pm-7:15pm

Moves/Edges, Intermediate/Advanced

Cabin John Ice Rink

 110981 5 & up
 6 Classes
 \$144
 7/10
 Sa
 10:15am-11:45am

 113100 5 & up
 6 Classes
 \$144
 7/13
 Tu
 7:45pm-8:30pm

 Wheaton Ice Arena

110662 4 & up 6 Classes \$96 7/15 Th 7:15pm-7:45pm

Princesses on Ice Prerequisite: Passed Pre-Alpha Bring your little princess to Cabin John Ice, where she'll dress, act and skate like royalty! Dress-up attire

is encouraged (and will be applauded). Our skating princesses will work on posture, presence, and gliding, and participate in a fun routine set to music. We'll have a show-and-tell session of what

we've learned on the last day of lessons, in lieu of a skating test.

Cabin John Ice Rink

112899 4 & up 6 Classes \$96 7/11 Su 2:30am-3:00pm

Ice Dancing Fundamentals

Prerequisite: Gamma level or equivalent skating ability Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. Students will combine all of these elements by focusing on the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

110982 5 & up 6 Classes \$144 7/15 Th 6:30pm-7:15pm

Get the Edge

Prerequisite: Passed Pre-Juvenile Field Moves or Freestyle 4 Good edges are the key to great skating. Join us as we learn edge and turn patterns designed to build confidence so that you can skate on bold curves with speed and flow. Develop cleaner turns and polished lines while expanding your "skating vocabulary."

Cabin John Ice Rink

112051 5 & up 6 Classes \$144 7/13 Tu 8:30am-9:15am

Figures Fundamentals

Learn how figure eights and figures technique from days gone by can help you master the fundamentals of freestyle and field moves.

Figures and Fundamentals

Prerequisite: Passed Pre-Preliminary Field Moves or Freestyle 2
Before field moves, there were figure eights. Figures
help skaters develop continuous flow and improve turn
quality—two focus points for the new field moves tests.
This class will help teach balance and good alignment over
the skating blade. Join us as we explore figure eights of
days gone by!

Cabin John Ice Rink

1120505 & up 6 Classes \$144 7/15 Th 8:30am-9:15am

Ice Hockey

Parent and Tot Hockey

Prerequisite: Passed Tot 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This is a great introduction to hockey for parents and their children (ages 3-5). Basic skating and stick handling skills will be covered. Equipment required: Bike helmet (or caged hockey helmet), knee pads, elbow pads and any type of gloves. Rental hockey skates are available; sticks provided. Register only the child; fee covers one child and one parent.

Cabin John Ice Rink

111950 3-5yrs 6 Classes \$96 7/10 Sa 9:00am-9:30am *Wheaton Ice Arena*

110499 3-5yrs 6 Classes \$96 7/10 Sa 10:45am-11:15am

Hockey: Beginner

Prerequisite: Passed Pre-Alpha in hockey skates

Come learn the fundamentals of hockey skating and stick handling

in this Hockey Initiation Program, powered by the Washington Capitals. Each paid registrant receives a FREE Washington Capitals jersey, while supplies last.

Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick,hockey gloves and shin guards.



110565 4 & up 6 Classes \$96 7/10 Sa 11:15am-11:45am

Hockey: Initiation

Prerequisite: Passed Hockey–Beginner We'll teach skating skills, hockey drills, and game rules. Equipment required: Caged helmet, elbow and knee pads (rollerblading type okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Wheaton Ice Arena

110599 4 & up 6 Classes \$144 7/11 Su 9:45am-10:30am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates We'll teach you how to hold the stick correctly, stand in place and hop, forward skating using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly. Equipment required: Caged helmet, elbow pads and knee pads (rollerblading pads okay), gloves, cup, hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Cabin John Ice Rink

111952	4-5yrs	6 Classes	\$96	7/10	Sa	10:00am-10:30am
111951	4-5yrs	6 Classes	\$96	7/15	Th	4:00pm- 4:30pm
111954	6-8yrs	6 Classes	\$96	7/10	Sa	9:15am-9:45am
111953	4-8yrs	6 Classes	\$96	7/13	Tu	4:30pm- 5:00pm

Mitev Mites Hockey 2 Prerequisite:

Passed Pre-Alpha Plus in hockey skates, or Mitey Mites 1 This class will cover the one-foot stride, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in-between, back swizzles and introduction to forward C-cuts. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads and cup.

Cabin John Ice Rink

111957	4-8yrs	6 Classes	\$144	7/10	Sa	8:30am- 9:15am
111955	4-8yrs	6 Classes	\$144	7/13	Tu	3:45pm- 4:30pm
111956	4-8yrs	6 Classes	\$144	7/15	Th	4:30pm- 5:15pm

Mitey Mites Hockey 3

Prerequisite: Mitey Mites 2

Mitey Mites 3 covers back swizzles with two-foot glide, introduction to forward power turn, forward C-cut, forward crossovers, hockey stop introduction, introduction to backward C-cuts and backward skating. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

FREF

111960	4-8yrs	6 Classes	\$144	7/10	Sa	7:45am- 8:30am
111958	4-8yrs	6 Classes	\$144	7/13	Tu	5:00pm- 5:45pm
111959	4-8yrs	6 Classes	\$144	7/15	Th	5:15pm-6:00pm

Mitey Mites Hockey 4

Prerequisite: Mitey Mites 3

Mitey Mites Hockey 4 covers forward crossovers in a figure-eight pattern, back C-cuts, back crossovers on a circle, hockey stop and back V-stop. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

111961	4-8yrs	6 Classes	\$144	7/9	F	3:30pm- 4:15pm
111962	4-8yrs	6 Classes	\$144	7/10	Sa	7:45am- 8:30am

Mitey Mites Hockey 5

Prerequisite: Mitey Mites 4

We'll teach forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-eight pattern and on a circle, forward edges, two-foot turn, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. Equipment required: Caged helmet, curved blade on stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

111963 4-8vrs 6 Classes \$144 7/10 Sa 7:45am-8:30am

Become a Fan of Wheaton Ice Arena and/or Cabin John Ice Rink on



Be a CHEAP\$KATE

at Wheaton Ice!

This summer (June-August), we're dropping the fee for ALL PUBLIC SESSIONS at Wheaton Ice to our "Cheapskate" rate:

\$6.25

This covers admission and skate rental! Visit www. WheatonIceArena. com for public skating session times.



Hockey 1

Prerequisite: Passed Pre-Alpha in hockey skates
We'll teach forward stroking, one-foot stride with
recovery, forward two-foot swizzles with a glide,
one-foot glides, walking crossovers, snowplow stop,
backward swizzles, forward C-cuts and one-foot stride
on a circle. Equipment required: Caged helmet, elbow
and knee pads (rollerblading pads okay), gloves, cup,
hockey skates (rentals available). Optional equipment: flat stick, hockey gloves and shin guards.

Cabin John Ice Rink

111964 8-13yrs 6 Classes \$144 7/10 Sa 7:45am-8:30am

Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates We'll teach forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a two-foot glide, introduce back C-cuts, forward crossovers on a figure eight and forward edges. Equipment required: Caged helmet, flat stick, hockey and hockey skates (rentals available), elbow pads, shin guards, cup.

Cabin John Ice Rink

111965 8-13yrs 6 Classes \$144 7/10 Sa 8:30am-9:15am

II G.E. SKATING

Hockey 3

Prerequisite: Passed Alpha or above in hockey skates We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turn and backward one-foot glide. Equipment required: Caged helmet, flat stick, hockey gloves and skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

111966 8-13yrs 6 Classes \$144 7/10 Sa 8:30am-9:15am

Hockey: Teen/Adult

Prerequisite: Pre-Alpha Plus

Come learn the beginning fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing. Full gear required (hockey pants/shoulder pads optional); rental hockey skates available.

Cabin John Ice Rink

112201 All Ages 6 Classes \$144 7/14 W 8:15pm-9:00pm

Power Skating for Hockey

Prerequisite: Alpha or passed Mitey Mites 2 Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power, and technique. Full gear required.

Cabin John Ice Rink

112200 5 & up 6 Classes \$96 7/15 Th 7:15pm-7:45pm

Wheaton Ice Arena

110608 4 & up 6 Classes \$96 7/11 Su 10:30am-11:00am

SUMMER EVENTS at the Rinks

-MAY-

• Flea Market in the Park Sat. May 8 & 22, 9am-2pm (WOR) Free for shoppers; \$25 per 10' x 10' space for vendors

-JUNE-

- NEW! Roller Night @ Wheaton Bring your rollerblades or roller skates and skate every Friday, 6-8pm (WOR, \$3.50)
- NEW! Family Flicks @ Wheaton Saturday, June 5 & 19, at dusk (WOR)
- Teen Skate Night Fri. June 4 & 18, 8-10pm (WIA, \$5.25)
- Flea Market in the Park Sat. June 12 & 26, 9am-2pm (WOR)
- Father's Day Skates Sun. June 20 Dad skates FREE w/1 paid admission! 12:30-2:30pm (CJ) & 11:15am-1pm (WIA)
- Friday Nite Chill-Out Skate For teens, w/ music & disco lights! Friday, June 25, 7:30-9:30pm (CJ, \$6.25)

-JIILY-

- Fourth of July Skates Fri. July 2
 4:15-6:15pm (CJ, \$6.25) & 4:15-6pm (WIA, \$5.25)
- Teen Skate Night Fri. July 2 & 16, 8-10pm (WIA, \$5.25)
- Friday Nite Chill-Out Skate

Teen skate every Friday, 7:30-9:30pm (CJ, \$6.25)

-JULY- (cont.)

- NEW! Roller Night July 9, 16, 23 & 30, 6-8pm (WOR, \$3.50)
- Flea Market in the Park Sat. July 10 & 24, 9am-2pm (WOR)
- NEW! Family Flicks Sat. July 17, at dusk (WOR)

-AUGUST-

- Friday Nite Chill-Out Skate
 Teen skate every Friday, 7:30-9:30pm (CJ, \$6.25)
- NEW! Roller Night @ Wheaton Every Friday, 6-8pm (WOR, \$3.50)
- NEW! Family Flicks Sat. August 3 & 7, at dusk (WOR)
- Flea Market in the Park
 Saturday, August 14 & 28, 9am-2pm (WOR)
- End of Summer Skating Blasts Friday, August 27
 4:15-6:15pm (CJ, \$6.25) & 4:15-6pm (WIA, \$5.25)
- Teen Skate Night Fri. August 6 & 20, 8-10pm (WIA, \$5.25)

-SEPTEMBER-

- Friday Nite Chill-Out Skate Season finale Friday, September 3, 7:30-9:30pm (CJ, \$6.25)
- Flea Market in the Park Saturday, September 11 & 25, 9am-2pm (WOR)

Park Picnic Areas

PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Three group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.





Convenient Locations • Scenic Settings • Affordable Rates





Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties Picnics | Receptions | Reunions | Social Events

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.

PARK PERMIT OFFICE LOCATIONS AND HOURS

Montgomery Parks Headquarters

9500 Brunett Avenue, Silver Spring, MD 20901 301-495-2525 | Fax: 301-495-2484

NEW Monday-Wednesday, 8:30am–5:00pm **HOURS:** Thursday-Friday, 8:30am–7:30pm

Upcounty Regional Services Center

12900 Middlebrook Road, Suite 1605, Germantown, MD 20874 301-495-2480

NEW Wednesday-Friday, 8:30am–5:00pm **HOURS:** (closed 1:00pm-2:30pm)



ParkPermits.org

VISIT OUR WEBSITE ANYTIME FOR MORE INFORMATION OR TO MAKE A RESERVATION





Trips & Excursions

These trips are lead by experienced Park Naturalists who will provide special insights into the natural history, culture, flora and fauna of your journey.

Black Hill Visitor Center

Summer Photography Van Trip

We'll travel by way of White's Ferry through Virginia horse country to the Blue Ridge Center for Environmental Stewardship (BRCES) in Neersville, VA, then hike at the Center (near the Appalachian Trail). The trails offer views and great photo opportunities of a wildlife pond, an historic homestead, wetlands and streams. Bring a bag lunch. Naturalist: Lynette Lenz. FOBH \$20

109399 18 & up 1 Class \$25 6/24 Th 8:30am-4:30pm

Potomac River Heritage Kayak Trip

The Potomac River is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of these trips focuses on a section of the Potomac or one of its tributaries, giving us the time and luxury of taking a closer look at its natural and cultural history. Exact locations will depend on weather and/or river conditions on the day of each trip. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a couple of hours at a time. If you've never paddled before, try one of our Basic Kayaking classes first. This is not an instructional course, but we'll review moving water safety considerations and maneuvers. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to river locations. FOBH \$45.

107706 18 & up 1 Class \$50 6/26 Sa 8:00am-5:00pm 107707 18 & up 1 Class \$50 7/31 Sa 8:00am-5:00pm 107708 18 & up 1 Class \$50 8/21 Sa 8:00am-5:00pm

Roosevelt Island Hike

Travel with us by van to Theodore Roosevelt Island Park in the Potomac River for an exploratory nature hike. This open-air memorial to our 26th president has several gentle hiking trails that allow wildlife viewing through forest and swamp habitats. Dress for the outdoors and bring a bag lunch & water. FOBH \$18 110622 18 & up 1 Class \$20 7/21 W 9:00am-3:00pm

Nemours Mansion & Gardens Van Trip

Tour the newly renovated Nemours Mansion and Gardens outside Wilmington, DE on this late-summer van trip. Built by Alfred I. du Pont, the one-acre mansion is furnished with rare furniture and exquisite art. We'll also stroll the gardens (part of the 222-acre estate)—one of the finest examples of a formal French garden in North America. Tour involves some stairs/climbing. Naturalist: Lynette Lenz FOBH \$40 110563 18 & up 1 Class \$45 8/19 Th 8:30am-5:30pm

Meadowside Nature Center

Growing Local, Growing Green Van Trip

Each month we'll explore different parts of Montgomery and nearby counties to learn how and where farmers are raising good local food. We'll be on the lookout for good green ideas for living, and new sources of local produce and crafts.

Naturalist: Sandy Staples

 110350
 18 & up
 1 Class
 \$25
 6/17
 Th
 9:00am-6:00pm

 110351
 18 & up
 1 Class
 \$25
 7/27
 Tu
 9:00am-6:00pm

 110352
 18 & up
 1 Class
 \$25
 8/19
 Th
 9:00am-6:00pm

Calvert Marine Museum & Solomon's Island

Discover the natural and cultural history of Southern Maryland, the Chesapeake Bay, and Patuxent River at this regional museum. We'll tour the museum and Drum Point Lighthouse, cruise the Solomon's Inner Harbor, and view Solomon's Island from onboard the William B. Tennison—a beautiful, 100-year-old bugeye (a two-masted oyster dredge boat).

Naturalist: Sandy Staples

110450 18 & up 1 Class \$33 6/24 Th 8:00am-6:30pm

Birding on Maryland's Eastern Shore

We'll travel across the Chesapeake Bay to Wicomico County and visit the Ward Museum of Waterfowl Art after a morning of birding at some nearby natural areas. Depending upon the sightings reported before we get there, we may visit the Chesapeake Bay Environmental Center or Blackwater National Wildlife Refuge. It's the season



for hatching ospreys, fledging eaglets, and a variety of songbirds. Naturalist: Sandy Staples

110451 18 & up 1 Class \$30 6/29 Tu 8:00am-6:30pm

Jefferson-Patterson Park Van Tour

First we'll tour the Maryland Archeological Conservation Laboratory, which houses artifacts collected throughout Maryland over a period of 12,000 years. Next stops, the Visitors Center, archaeological research, and trails, which will provide fascinating insights on the lifestyle of Native Americans, early Maryland colonists, the War of 1812 and much more. Naturalist: Sandy Staples

110550 18 & up 1 Class \$25 7/1 Th 8:00am-6:00pm



Trips & Excursions

Please take note of minimum ages for each trip. If you see a trip you like, don't delay—sign up today! Some great trips have been cancelled because we didn't hear from enough folks in time.



Meadowside Nature Center

Brandywine Valley Gardens & History

Let's visit the Brandywine Valley! We'll explore the gardens and grounds of Hagley Museum, and learn all kinds of fascinating facts about the DuPont family, their home, and the instrumental role they played in developing early industries that used the water power of the Brandywine River. On the way home, we'll visit Susquehannock—a Pennsylvania State Park and dedicated eagle sanctuary. Naturalist: Sandy Staples 110553 18 & up 1 Class \$30 7/6 Tu 8:00am-7:00pm

Jug Bay on the Patuxent River

Discover the wonderful flora and fauna of the magnificent Jug Bay Wetlands! We'll travel by pontoon boat on the Patuxent River and hike on the boardwalk, then after lunch we'll drive the 3-mile Critical Area Driving Trail to Merkle Wildlife Sanctuary. Bring a bag lunch to eat overlooking the river. Binoculars and cameras recommended. Naturalist: Sandy Staples 110601 18 & up 1 Class \$20 7/8 Th 8:00am-6:00pm

Historic Philadelphia Overnight Van Tour

Have you ever seen the Liberty Bell, National Constitution Center, Independence Visitor Center, Christ Church Burial Ground, and Carpenter's Hall? Come see this and more on our historic tour of Philadelphia. We'll also visit the Independence Living History Center, and learn about the different people who helped build Philadelphia and shape our nation's early history. Fee includes travel and admission fees; bring money for meals and lodging. Call (301) 924-4141 for more info. Naturalist: Sandy Staples

Arlington Cemetery via Tourmobile

Take the day off and visit this special and solemn historic site with us. After exploring the Visitor Center and the Women in Military Service for America Memorial, we'll board the Tourmobile for a narrated tour of the Kennedy family grave sites, the Tomb of the Unknown Soldier, and Arlington House. Meet at the Visitor Center. Naturalist: Sandy Staples 110654 18 & up 1 Class \$15 7/21 W 10:30am-2:00pm

Fredericksburg Tour

There's so much to do and see in Fredericksburg!
First we'll visit the Mary Washington House, the home that George Washington purchased for his mother in the heart of Fredericksburg. Then after lunch, we'll tour Kenmore, a pre-Revolutionary War Georgian style mansion that was home to George's sister, Betty Washington Lewis. Naturalist: Sandy Staples
110663 18 & up 1 Class \$30 8/3 Tu 8:00am-8:00pm

College Park Airport & Goddard Space Flight Center

Did you know that the College Park Airport is the oldest continuously operating airport in the world? We'll explore the early history of flight, and watch planes take off and land. For lunch, we'll step back in time and dine in a recreated 1919 French farmhouse. After lunch, we'll tour Goddard Space Flight Center and their Visitor Center. Naturalist: Sandy Staples 110699 18 & up 1 Class \$25 8/5 Th 8:30am-6:00pm

National Air & Space Museum at the Udvar-Hazy Center

Experience the dynamic and amazing history of man and flight at the Steven F. Udvar-Hazy Center near Dulles Airport. We'll get a guided tour from one of the museum's knowledgeable docents—many of whom have personal adventures of flight to share. Some of the wonders we'll see include the space shuttle Enterprise, and other artifacts from this important era of space exploration.

Naturalist: Sandy Staples

110454 18 & up 1 Class \$22 8/17 Tu 8:30am-6:00pm

Mount Vernon Estate Tour

Come sit on the porch of our nation's first President, and see what George saw as he looked across the Potomac hundreds of years ago. You may be surprised at the innovative ideas this "pioneer farmer" put to good use on his 4-acre working farm—complete with heritage livestock and a 16-sided treading barn designed by Washington himself. The Visitor Center has no fewer than 25 theatres and galleries that recreate Washington's life (including "snow" at Valley Forge), so we'll probably need to return to see everything. Naturalist: Sandy Staples

110456 18 & up 1 Class \$34 8/24 Tu 8:30am-6:00pm

Local History in Glen Echo, MD

Today's first stop will be the Clara Barton National Historic Site, to learn about the founder of the American Red Cross and her efforts to help those in need, both in the United States and abroad. After lunch we'll explore the recently renovated Glen Echo Park, with its Spanish Ballroom, carousel, Chautauqua Tower, and other sights. Founded in 1891 as a National Chutauqua Assembly, Glen Echo was a teaching center for the arts and science, and in the early 1900s became an amusement park and recreational destination. Today the Park continues to educate and entertain, serving as a home to music festivals, dance groups, live theater, and working artists. Naturalist: Sandy Staples

111099 18 & up 1 Class \$25 8/26 Th 8:30am-5:00pm





Explore wild Montgomery County with a Montgomery Parks Naturalist or Natural Resource Specialist! Discover beautiful public places close to home, and learn fascinating natural history from Park experts.

JUNE

SUNDAY, JUNE 13 • Brookside Nature Center

Blue Mash Bug Walk

Look for a variety of dragonflies, butterflies and other insects during this leisurely morning walk on Blue Mash Nature Trail. Reservations required for all attending. Meet at Zion Road parking area, about 1/2 miles north of Zion Road /Brookville Road intersection.

107668 ALL AGES FREE 10-11:30AM

FRIDAY, JUNE 18 • Meadowside Nature Center

Early Morning Hike at South Germantown

South Germantown is a great spot to go searching for birds, butterflies, and other wildlife! First we'll search for dragonflies around a small pond near the Splash Playground, then take a quick drive to a special spot where we'll hike and look for lots of different wildlife. Bring your camera, binoculars if you have them, and water. Meet at the Splash Playground parking lot in South Germantown Recreational Park (18056 Central Park Circle, Boyds, 20841). Naturalist: Sandy Staples 110399 18 & UP FREE 8:30AM-NOON

MONDAY, JUNE 21 • Black Hill Visitor Center

Summer Solstice Walk

Celebrate the first day of summer with a nature walk through the Little Bennett stream valley. The walk will be about 1.5 miles at a naturalist's pace, with time to observe and learn the natural history of birds, butterflies, and wildflowers along the way. The trail is a mostly flat gravel/dirt road. Bring binoculars if you have a pair, and meet at the Kingsley Schoolhouse Trail parking lot in Little Bennett Regional Park. Naturalist: Denise Gibbs.

107757 3 & UP FREE 8 -11AM

WEDNESDAY, JUNE 23 • Meadowside Nature Center

Early Morning Hike at Great Falls, MD

Join Naturalist Sandy Staples for an early morning stroll along the C&O Canal. We'll talk about the Canal and its history, look for bluebirds and other songbirds, and enjoy the gentle breeze and great views afforded by the Potomac River along the way. After the hike, stick around and ride the canal barge (\$5 cash fee, due onsite) down to Georgetown and back to Great Falls Tavern if you like. Separate reservations for each activity are required.

SATURDAY, JUNE 26 • Black Hill Visitor Center

Full Moon in June Night Hike

Listen to some lunar facts and folklore, and relax as you watch the setting sun and rise of the full moon. Afterwards we'll take a short (1/2 mile), easy walk on a dirt road to a pine forest and field, where we'll listen for the songs and calls of owls, coyotes, foxes, and insects. Wear dark clothing and bring a folding chair, flashlight, and binoculars. Meet at the clubhouse parking area of Little Bennett Regional Park Golf Course. Led by Naturalist Denise Gibbs and Natural Resources Manager/ Wildlife Ecologist Rob Gibbs.

JULY

THURSDAY, JULY 8 • Meadowside Nature Center

Night Hike at Meadowside

Nature at night can be fun and exciting! We'll learn about the special ways nocturnal animals have adapted to the night, and hike the trails around Meadowside to experience a world much different than its daytime counterpart.

110205 6 & UP FREE 8- 9:15PM

OMER DO PRINTS

MONTGOMERY

FRIDAY, JULY 9 • Meadowside Nature Center

Early Morning Hike at Riley's Lock

Join Naturalist Sandy Staples at Riley's Lock (where Great Seneca Creek goes under the C&O Canal) to explore the birds and native wildlife along the Potomac River. Even when it's hot, the breezes off the Potomac make this a very pleasant way to start the day. Bring your binoculars and meet at Riley's Lock for this easy hike.

110651 18 & UP FREE 8:30-11AM

FRIDAY, JULY 23 • Meadowside Nature Center

Sunflower Hike at McKee-Beshers

Imagine acres of sunflowers with their bright yellow heads nodding in the gentle breeze...it's a dream photo op for nature photographers! Join Naturalist Sandy Staples to explore a bit of this 2,000-acre state park, and other areas along the C&O Canal. Bring a camera and binoculars if you have them; we'll bring a ladder so you can get a bird's eye view. Meet at the first parking lot in McKee-Beshers Wildlife Management Area, on the left-hand side of River Road just outside Seneca, MD. Call 301-924-4141 for more info.

110656 18 & UP FREE 8:30AM-NOON

SATURDAY, JULY 24 • Brookside Nature Center

Evening Forest and Pond Walk

Enjoy a walk through the forest and around the ponds, looking and listening for summer creatures. All children must be accompanied by an adult.

107699 6-12YRS FREE 6-7PM

WEDNESDAY, JULY 28 • Meadowside Nature Center

Early Morning Hike at Black Hill Regional Park

Explore a variety of habitats, gardens and trails in this beautiful park, where we'll search for birds, wildlife signs, and evidence of man's influence on the environment. Easy hike; bring your binoculars and water. Meet Naturalist Sandy Staples at the Visitor Center at Black Hill Regional Park.

110701 18 & UP FREE 8:30-11:30AM

AUGUST

WEDNESDAY, AUGUST 18 • Meadowside Nature Center

Gone Fishin'

We'll make our own cane fishing poles, then try them out on the shoreline of Lake Needwood. Largemouth bass, catfish, bluegill, crappie, and trout are just a few of the fish found in Lake Needwood—what will you catch? Meet Naturalist Glenn Rice at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, 20855).

111149 7-10YRS FREE 10:30AM-11:45AM

FRIDAY, AUGUST 20 • Meadowside Nature Center

Early Morning Hike at South Germantown

See description for hike on June 18.

110400 18 & UP FREE 8:30AM-NOON

SUNDAY, AUGUST 22 • Brookside Nature Center

Explore a Park: Rachel Carson

Today we'll explore Rachel Carson Conservation Park. Meet at 22201 Zion Rd., Brookeville, MD 20833

107702 18 & UP FREE 9-11AM

THURSDAY, AUGUST 26 • BLACK HILL VISITOR CENTER

Hike by the Light of the Silvery Moon

Join Naturalist Lynette Lenz for an almost-full-moon hike at Little Bennett Park. We'll find out which creatures visit the park when we're turning in for the night.

108249 3 & UP FREE 8-10PM





MONTGOMERY PARKS NATURE CENTERS





WildMontgomery.org

For detailed directions to the meeting spots for these events, print your ParkPASS registration confirmation receipt.

Be a Happy Camper at

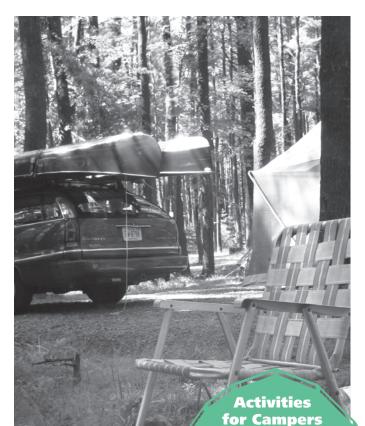
Little Bennett features...

- Your choice of 91 private, wooded campsites
- 20+ miles of trails to explore
- Playground, horseshoes, volleyball
- "Camper-Ready Camping"

No equipment? We can set up your campsite for you! One week's notice required; \$25 additional fee.







SPECIAL SUMMER EVENTS

Great American Backyard Campout Saturday, June 26

Join this nationwide camping celebration and get 50% OFF camping tonight! Mention code "GAC10" when making your reservations. Cannot be combined with any other offers. Good for tent sites only.

Camping Workshop

Come learn or brush up on your camping skills, then have fun putting them to good use in this two-part class. \$50 (ParkPASS #112549)

SKILLS CLASS - Sunday, June 6 10am-3pm

Learn how to: Build a campfire · Choose and set up a tent · Choose a good sleeping bag/bed roll/tarp · Cook outdoors (we'll try Dutch oven cooking, campfire cooking, baking in a box, and cooking with a propane stove). The dishes we prepare in class will be our lunch today!

FAMILY CAMPOUT - Saturday, June 26, 7pm-10am Sunday Come back with your family for an overnight campout at Little Bennett. See page 115 for all the details and registration information.

Stay & Play Special!

Rent a campsite for one night, get the second night free!

Coupon good for tent sites only. July 1-August 31, 2010. Limit one free night per stay; cannot be combined with other offers.



For a complete schedule of activities, photos and maps, rates and more, please visit our website or call!



Little Bennett Campground

Family films under the stars

Guided trail hikes

Ice cream socials Craft activities

> 23701 Frederick Rd. | Clarksburg, MD 20871 301-528-3430 | LittleBennettCampground.com



Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-916-0220 • www.BlackHillNature.org
November-March: Open Saturday & Sunday, 11am-6pm
April 1-October 31: Open daily 11am-6pm • Trails open daily, dawn to dusk.



Nature Programs

in Black Hill Regional Park

Toddlers Ages 1-6

Storytime at Black Hill Visitor Center

Learn about different aspects of the natural world through a series of nature stories, hikes and crafts. Activities are designed for children ages 3-6 accompanied by an adult (no younger siblings, please). Register and pay for child only. Volunteer Naturalists: Peg Dorgan, Barb Kreiley, Karen Escalante, Pat Caro, Mary McKnight and Sheila MacLeod. FOBH \$1.

• Tree	S					
109899	3-6yrs	1 Class	\$2	6/16	W	10:00am-11:00am
• Bird	S					
109900	3-6yrs	1 Class	\$2	6/24	Th	10:00am-11:00am
• Bees						
109901	3-6yrs	1 Class	\$2	6/30	W	10:00am-11:00am
• Spide	ers					
109955	3-6yrs	1 Class	\$2	7/7	W	10:00am-11:00am
• Butt	erflies					
109956	3-6yrs	1 Class	\$2	7/21	W	10:00am-11:00am

Storytime Under the Trees

Join Volunteer Naturalist Krisna Becker for a different story each week under the trees, followed by an outdoor playtime. Bring a blanket, and wear shoes you don't mind getting muddy. FOBH \$1

110569	1-3yrs	1 Class	\$2	7/6	Tu	10:00am-11:00am
110611	1-3yrs	1 Class	\$2	7/13	Tu	10:00am-11:00am
110617	1-3yrs	1 Class	\$2	7/20	Tu	10:00am-11:00am
110618	1-3yrs	1 Class	\$2	7/27	Tu	10:00am-11:00am

Children Ages 6-12

Meet a Tree

Hands-on activities, games and crafts will help children explore and discover the secret lives of trees and their inhabitants. For kids age 6-8 accompanied by an adult. Volunteer Naturalist: Julie Super. FOBH \$1

110661 6-8yrs 1 Class \$2 6/12 Sa 10:00am-11:00am

End of School Fishing Workshop/Contest

It's the end of the school year—
go fishin'! First we'll share
tips and demonstrate effective
set-ups, then test your skill
contest (complete with
Anglers will be split into
groups. Meet at the gazebo by boat
107704 6-11yrs 1 Class \$10 6/18 F 5:00

time to basic fishing tackle in a fishing prizes!). two age docks. FOBH \$8 5:00pm-8:00pm

Adults Ages 18 & up

Moon Garden Workshop

Night-blooming plants release their fragrances at night to attract nocturnal pollinators like moths, and "glow" in the moonlight. Learn which plants are the best for moonlight gardens, then select three to make a stunning planter for your deck or patio. We'll supply the plants and soil; BYO gardening gloves trowel, and a hanging basket or you're able to carry once it's full of

plastic pot you're able to carry once it's full of soil and plants. Meet at greenhouse across the road from the park office. Space is limited, so register early! Naturalist: Denise Gibbs. FOBH \$12

108099 18 & up 1 Class \$15 6/5 Sa 9:00am-11:00am

Lake Tour by Kayak

and

Wind down after work and enjoy a peaceful evening of kayaking on Little Seneca Lake with Naturalist Lynette Lenz. Paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. FOBH \$8

108450 18 & up 1 Class \$12 6/10 Th 7:00pm-8:30pm 108499 18 & up 1 Class \$12 7/15 Th 7:00pm-8:30pm 108500 18 & up 1 Class \$12 8/9 M 6:30pm-8:00pm

Swallowtails, Skippers & Summer Azures

Take a hike with us in search of summer butterflies! We'll walk easy trails in several parks that offer good habitat and nectar sources for summer butterflies. We hope to identify at least 30 species of butterflies at each location. Use our close-focusing binoculars to get a good look at the butterfly field marks, marvel at the diversity of the butterfly population, and take photos! Free butterfly plant for each participant. Naturalist: Denise Gibbs. FOBH \$5.00

• Black Hill Regional Park

108101 18 & up 1 Class \$6 8/2 M 9:00am-11:00am

• Lois Green Conservation Park

Hoyle's Mill Conservation Park

Agricultural History Farm Park

108111 18 & up 1 Class \$6 8/23 M 9:00am-11:00am

• Little Bennett Regional Park

108112 18 & up 1 Class \$6 8/30 M 9:00am-11:00am



Sunset Serenade

Sip sparkling cider, listen to soothing music and watch the setting sun from a park hillside with us. Listen to solar folklore then take a short, easy walk on a paved path through the woods to awaken your senses to the natural world at twilight. Bring a folding chair, mug and binoculars. Meet at gravel parking lot across from public boat ramp. Naturalist: Denise Gibbs. FOBH \$3 108150 18 & up 1 Class \$4 8/4 W 8:00pm-9:00pm 108151 18 & up 1 Class \$4 8/18 W 7:45pm-8:45pm

Garden Tours of Monarch Butterfly Waystations

Take a tour of our Monarch Waystations—the wonderful gardens and habitats that provide the resources monarch butterflies need to produce successive generations and sustain their fall migration to Mexico. Waystations must contain spring, summer, and fall nectar sources (for example, goldenrod and asters) for adult monarchs, and abundant milkweed for their caterpillars. Learn how to create a Monarch Waystation at your home, school, business, church, or senior center, and take home some free plants to get started. Meet at the Visitor Center to caravan to waystations. Naturalist: Denise Gibbs. Registration required.

Programs for All

Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Soon insectivorous bats will appear, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. Children must be at least 6, and accompanied by an adult. Please register and pay for all. FOBH \$5

107856	6 & up	1 Class	\$6	6/3	Th	7:00pm- 8:30pm
107857	6 & up	1 Class	\$6	6/14	M	7:00pm- 8:30pm
107899	6 & up	1 Class	\$6	7/8	Th	7:30pm- 9:00pm
107900	6 & up	1 Class	\$6	7/28	W	7:00pm- 8:30pm
107949	6 & up	1 Class	\$6	8/18	W	7:00pm- 8:30pm
107950	6 & up	1 Class	\$6	8/24	Tu	7:00pm-8:30pm

Come with us on a FREE Naturalist-led hike this spring!

Summer Solstice Walk

Monday, June 21 8-11am

Full Moon in June Night Hike

Saturday, June 26 8:30-10:30pm

Hike by the Light of the Silvery Moon

Thursday, August 26 8-10pm

See pp. 126-127 for registration info and more Wild Montgomery fun!

Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing with a hat and strap-on water sandals or shoes (no slip-on sandals, please), and bring water and sunscreen. FOBH \$10.

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107653	12 & up	1 Class	\$12	6/5	Sa	1:00pm- 3:00pm
107658	12 & up	1 Class	\$12	6/13	Su	11:00am- 1:00pm
107659	12 & up	1 Class	\$12	6/17	Th	6:30pm- 8:30pm
107654	12 & up	1 Class	\$12	6/22	Tu	7:00pm- 9:00pm
107655	12 & up	1 Class	\$12	6/29	Tu	7:00pm- 9:00pm
107660	12 & up	1 Class	\$12	7/6	Tu	6:30pm-8:30pm
107661	12 & up	1 Class	\$12	7/11	Su	11:00am- 1:00pm
107656	12 & up	1 Class	\$12	7/27	Tu	6:30pm- 8:30pm
107657	12 & un	1 Class	\$12	8/14	Sa	1:00nm- 3:00nm

Can You Canoe?

Experience the romance and adventure of the canoe—America's native watercraft. Canoes, paddles, vests, and instruction are all provided as you learn the potential of these versatile boats. Two people to a canoe. No partner needed—we'll pair you up. FOBH \$10. 107664 12 & up 1 Class \$12 6/5 Sa 9:00am-11:00am 107666 12 & up 1 Class \$12 7/14 W 6:30pm-8:30pm 107665 12 & up 1 Class \$12 8/14 Sa 9:00am-11:00am

Bird Walk for Families: Summer

Join Beth and Keith Hamilton, birders, educators and owners of the Wild Birds Unlimited store in Germantown, for an afternoon of bird-watching fun. Bring binoculars or borrow ours. FOBH \$1.

109799	All Ages	1 Class	\$2	6/6 Su	1:00pm- 2:00pm
109800	All Ages	1 Class	\$2	7/11 Su	1:00pm- 2:00pm
109801	All Ages	1 Class	\$2	8/8 Su	1:00pm- 2:00pm

Storytime on the Lake

Hop aboard our pontoon boat to hear great stories and explore the fascinating residents of Little Seneca Lake! Activities are designed for children ages 3-6 accompanied by an adult (no younger siblings, please). Please register and pay for each participant. All children must wear personal flotation devices (provided). Meet at boat dock below the Visitor Center. FOBH \$4

Dragons on the Lake

Hear a story about dragonflies and damselflies and learn how to tell them apart. We will also see these flying dragons in action along the water's edge.

108104	3 & up	1 Class	\$5	6/8 Tu	1:30pm- 2:30pm
108105	3 & up	1 Class	\$5	7/1 Th	2:00pm- 3:00pm
108106	3 & up	1 Class	\$5	7/28 W	2:00pm- 3:00pm

• Bald Eagles of Black Hill

Learn all about our resident bald eagles. We will cruise the lake shore and their favorite trees in hopes of seeing our national bird.

		0			
108107	3 & up	1 Class	\$5	6/17 Th	4:00pm- 5:00pm
108108	3 & up	1 Class	\$5	7/6 Tu	4:00pm- 5:00pm
108109	3 & up	1 Class	\$5	8/20 F	10:00am-11:00am

Beaver Homes

We'll search the lake shore for beaver lodges, and learn about what beaver families like to do and eat. 110705 3 & up 1 Class \$5 6/17 Th 10:00am-10:45am 110706 3 & up 1 Class \$5 7/13 Tu 10:00am-10:45am

Turtles

See a variety of turtles that live in Little Seneca Lake, and learn what they like to do and eat.

110704	3 & up 1 Cl	ass \$5	6/22 Tu	10:00am-10:45am
110703	3 & up 1 Cl	ass \$5	8/25 W	10:00am-10:45am

• Herons

110700	3 & up 1 (Class \$5	7/22 Th	10:00am-10:45am
108110	3 & up 10	Class \$5	8/18 W	10:00am-10:45am

Hummingbirds: Flying Jewels

Join Naturalist Lynette Lenz to learn about these amazing "flying jewels" in our gardens. We'll discover their favorite flowers, observe their behavior, and then make a hummingbird feeder to take home. Register and pay for one person for each family. FOBH \$5 108100 3 & up 1 Class \$6 6/13 Su 2:30pm-3:30pm

The Night Sky, Near & Far

Take a tour of the night sky with Volunteer Naturalist Jim Cook. Tonight's sky promises to hold a wide assortment of astronomical wonders for stargazers: a nearly first quarter moon rich with craters; the planets Venus, Mars and Saturn; constellations; star clusters; a pretty double star; and wondrous, fuzzy objects unimaginable light years away. FOBH \$1 110664 All Ages 1 Class \$2 6/18 F 9:00pm-11:00pm

Flowers & Critters in the Meadow

Explore a meadow in Black Hill Regional Park to search for the flowers and animals that live there. Volunteer Naturalists: Ed Escalante and Pat Caro. FOBH \$1. 109961 4 & up 1 Class \$2 6/19 Sa 10:00am-11:30am

Family Bird Watching Field Trips

Join Volunteer Naturalist Pat Caro to explore scenic, peaceful locations along the C & O Canal in Montgomery County. Bring your own binoculars or use ours. Programs are designed for beginning birders; all ages are welcome. Print your ParkPASS confirmation for directions to each trip's meeting location. FOBH \$1.

Riley's Lock

109999 All Ages 1 Class \$2 6/30 W 10:00am-12:00pm

Meckee Beshers WMA at Hughes Hollow

110000 All Ages 1 Class \$2 7/28 W 10:00am-12:00pm

Monococy Aqueduct

110001 All Ages 1 Class \$2 8/25 W 10:00am-12:00pm

Family Forest Frolic

Take a leisurely walk in the cool, shaded forest and learn about trees and the gifts they give us and our environment. We'll identify plant species, birds, and insects; learn how to tell the age of a tree; and test our ability to spot things uncommon to the natural forest setting. Meet at parking lot above boat ramp. Volunteer Naturalists: Donna Marino, Pat Caro Judy Welsh, Karen Coates, Ed Escalante and Barb Kreiley. 109849 4 & up 1 Class \$2 7/10 Sa 11:00am-12:30pm 109957 4 & up 1 Class \$2 7/17 Sa 10:00am-11:30am

Family Stream Adventure

Bring the family and take a short trail walk along the Cabin Branch stream with us. We'll have kids' activities planned along the path focusing on the natural world, and point out interesting plants, insects and animals along the way. Bring carriers for babies (strollers don't work on the trail), snacks if you like, and wear shoes you don't mind getting wet and muddy. We'll provide kid-friendly binoculars and hand lenses. Meet at Little Bennett Regional Park, in the parking lot off of Clarksburg Rd. Volunteer Naturalists: Sujata Roy, Julie Super and Krisna Becker. FOBH \$1.

 109850
 All Ages
 1 Class
 \$2
 7/24
 \$a
 11:00am-12:30pm

 109851
 All Ages
 1 Class
 \$2
 8/7
 \$a
 11:00am-12:30pm

River Kayaking Essentials Course

Move beyond flatwater kayaking and take it to the river! We'll review the entire progression of flat water strokes and practice rescue scenarios in the morning, then move to a river location in the afternoon to learn and practice basic moving water maneuvers in easy Class 1 rapids. Fee covers kayak, paddles, vests (PFDs), instruction, and transportation to and from the offsite location. Get ready for a day of physical and mental challenges, great beauty and huge rewards! FOBH \$45 107700 12 & up 1 Class \$50 7/29 Th 8:00am-5:30pm

Skills for Living Outdoors

For eons, our ancestors depended upon the natural world to provide everything they needed to live. Their intimate knowledge of the earth and its gifts afforded them food, shelter, tools, medicine, clothing and comfort. Through this series of programs (each featuring a talk, demonstration, and hands-on activities), you'll learn how to see the world with new eyes, and use things hiding in plain sight to fulfill basic human needs. Please bring a lunch and work gloves. Register for one day or all three! FOBH \$23 each class.

• Shelter and Cordage

Examine the characteristics of natural shelters, and help build an emergency debris hut.

Learn how to make and try your own fire using a friction bow drill set.

107715 8 & up 1 Class \$28 8/12 Th 9:00am-4:00pm

Tools and Trappings

Make an assortment of useful tools using materials we find on the forest floor.

107716 8 & up 1 Class \$28 8/13 F 9:00am-4:00pm

In Search of Flying Squirrels

Let's use our night vision to find Maryland's smallest flying squirrel—the Southern flying squirrel. We'll learn some squirrelly facts, do hands-on activities and walk through the woods with special flashlights to the feeding station where these rambunctious nighttime gliders chow down. Volunteer Naturalists: Ed Escalante and Judy Welsh. FOBH \$1

109959 6 & up 1 Class \$2 8/14 Sa 8:00pm-9:00pm



with Black Hill Vistor Center Naturalists

Summer Photography Van Trip Thursday, June 24, 8:30am-4:30pm

Potomac River Heritage Kayak Trips

Dates in June, July & August! 8am-5pm

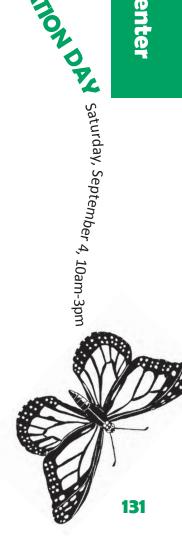
Roosevelt Island Hike

Wednesday, July 21, 9am-3pm

Nemours Mansion & Gardens Van Trip

Thursday, August 19, 8:30am-5:30pm

See all the details on these and other great Naturalist-led excursions on pages 124-125.







Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org Open Tuesday – Saturday, 9am-5pm, and Sunday 1-5pm. Trails open daily, dawn to dusk.

Nature Center

in Wheaton Regional Park

Toddlers & Preschool Ages 1-6

Registration is required unless otherwise noted. Adult must accompany child.

Sunday Pre-K Storytime

Nature Center volunteers will read a nature story about different animals or plants that live in the park. If the weather is nice, we'll take a short walk.

107649	3-6yrs	1 Class	FREE	6/6	Su	3:00pm-3:30pm
107650	3-6yrs	1 Class	FREE	6/13	Su	3:00pm-3:30pm
107651	3-6yrs	1 Class	FREE	6/20	Su	3:00pm-3:30pm
107652	3-6yrs	1 Class	FREE	6/27	Su	3:00pm-3:30pm

Bumblebees

Celebrate Pollinator Week! We'll learn about an important native pollinator by listening to a bumblebee story, making a bee craft and observing bees at work.

107667 3-6yrs 1 Class \$4 6/23 W 2:00pm-3:00pm

Animals Everywhere

Look and listen for signs and sounds of animals in different parks with a Park Naturalist.

• Pilgrim Hills

Today we'll look and listen for signs of birds, butterflies and squirrels. Enjoy a walk through the meadow and around the pond. Meet at 1615 East Randolph Rd, Silver Spring, 20904; parking lot on the south side of Randolph Rd.

107705 3-5yrs 1 Class \$4 6/25 F 10:30am-11:30am

• Brookside Nature Center

Look and listen for signs of birds, bugs and foxes. Enjoy a leisurely walk through the meadow and woodlands.

107709 3-5yrs 1 Class \$4 7/2 F 10:30am-11:30am

Are You a Ladybug?

We'll read a story to learn about ladybugs, then take a walk to look for them in the park.

107713 3-6yrs 1 Class \$4 6/26 Sa 10:00am-11:00am

Puppet Rodeo

Help! The puppets escaped from the theater and are hiding outside. Join the round-up so we can return them home safely.

Pre-K Art and Adventure

We'll explore some trails and create a picture to take home. 107853 3-5yrs 1 Class 48/18 W 10:30am-11:30am

Children & Youth Ages 6 - 12

Registration is required unless otherwise noted.

Discover Dragonflies

Learn fun dragonfly facts, as we walk and search for dragonflies in the park. Adult must accompany child. 107499 5-12yrs 1 Class \$4 6/12 Sa 1:00pm-2:00pm

Fishing at MLK Jr. Pond

Learn fishing basics at Martin Luther King Jr. Pond. Bring your own rod, or borrow ours; we'll supply bait and basic tackle. Meet at 1120 Jackson Rd., Silver Spring (turn left just after the Boundless Playground). Meet in the second parking area on your left.

107554 6-10yrs 1 Class \$9 6/25 F 8:30am-10:30am 107555 6-10yrs 1 Class \$9 7/17 Sa 8:30am-10:30am

Water Bug Wonders

Did you know that many insects start their lives in the water? We'll catch freshwater critters in the pond and stream and learn about their life cycles. Then we'll examine specimens under microscopes and draw them. 107755 6-12yrs 1 Class \$6 7/8 Th 2:00pm-3:30pm

Sligo Creek Walk

Discover urban nature along beautiful Sligo Creek during a leisurely walk on a paved trail. Adult must accompany child. Meet in parking lot at 10200 Sligo Creek Parkway, Silver Spring, 20901.

107851 6-12yrs 1 Class \$4 8/17 Tu 10:30am-11:30am

Children's Art and Adventure

Take a walk on our trails and create an artistic picture of what you find.

. 107854 6-12yrs 1 Class \$4 8/19 Th 2:30pm-3:30pm

Fishing at Sligo Creek Pond

Learn some fishing basics with us! Bring your own rod, or borrow ours; we'll supply bait and basic tackle. Meet at Kemp Mill Shopping Center parking lot, 1361 Lamberton Dr., Silver Spring, 20902. Print your Park-PASS confirmation receipt for more details.

107858 6-10yrs 1 Class \$9 8/20 F 8:30am-10:30am 107859 6-10yrs 1 Class \$9 8/21 Sa 8:30am-10:30am

Are You a Dragonfly?

We'll read a story to learn about dragonflies, then take a 1.5 mile walk to look for them at Pine Lake.

107569 5-10yrs 1 Class \$4 8/28 Sa 11:00am-12:00pm



SUMMER HOURS

Brookside Nature Center will stay open late on Tuesday evenings all summer long! We'll be open until **7PM** from **JUNE** 22-AUGUST 24. Drop by and see us! On each of these evenings, we're hosting an "after-hours" program at the Nature Center. Get details in this Guide or at www.ParkPASS.org, and join us.

Mixed Ages Ages 1 – 17

Registration is required unless otherwise noted.

Puppet Shows at Brookside Nature Center

Our lively puppet shows highlight the current season and help young audiences learn about nature.

• Look What I Found

Come along as Billy and Sally spend the day finding forest and meadow mysteries.

107449 1-12yrs 1 Class \$2 6/2 W 1:30pm-2:00pm

Insects

Six legs, three body parts, and an exoskeleton means...I'm an insect! Meet lots of different insects and their kin.

107450 1-12yrs 1 Class \$2 7/2 F 10:00am-10:30am 107453 1-12yrs 1 Class \$2 7/2 F 1:00pm-1:30pm

• Wake Up, It's Nighttime

Join a curious bumblebee and see what's going on after dark.

107451 1-12yrs 1 Class \$2 8/25 W 10:00am-10:30am 107452 1-12yrs 1 Class \$2 8/25 W 1:00pm-1:30pm

Turtle Trek

Enjoy a leisurely 1.5-mile stroll along natural surface trails visiting ponds and Pine Lake as we search for turtles catching rays. Adult must accompany child. 107459 3-12yrs 1 Class \$6 6/12 Sa 10:30am-12:00pm

Go Play Outside!

Join in the active, outdoor fun in this playful series. No reservations required.

• Hoop Game

We'll hoop it up in the meadow and play games with wooden hoop toys dating back to pioneer times as well as modern-day hula hoops. 107799 3-12yrs 1 Class FREE 8/4 W 10:00am-11:00am

• Follow the Leader

Everyone gets a turn as line leader, taking the group around trees, over logs and through the woods. We'll show you some funny animal moves you can throw in as well!

107800 3-12yrs 1 Class FREE 8/19 Th 10:30am-11:30am

Back to School Ramp Roll

Groove on gravity and see what it takes to get things rolling! Bring a soccer-sized or larger ball to roll on the woodland walk ramp leading to the Nature Center.

107801 3-12yrs 1 Class FREE 8/26 Th 10:00am-11:00am



Flight of the Honeybee

Check out the bees in the observation hive, then visit our hive outside, taste honey, and learn how to dance like a bee.

107860 2-12yrs 1 Class \$5 8/21 Sa 1:30pm-2:30pm

Programs for All

Registration required unless otherwise noted.

National Trails Day Project

Help us work on a project improving trails around the Nature Center. Earn community service SSL hours! Contact Marta.Potter@MontgomeryParks.org for more information.

107454 All ages 1 Class FREE 6/5 Sa 10:00am-12:00pm

Old-Fashioned Fun!

Join us at our pioneer cabin to make hand-cranked ice cream, old-fashioned candles, and hand-churned butter. Reservations required for all; no fee for adults.

107455 All ages 1 Class \$8 6/5 Sa 1:00pm-2:00pm

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close. Reservations required for all; no fee for adults.

107457 All ages 1 Class \$4 6/6 Su 2:00pm-3:00pm

Fill the Feeders

Take a little hike with us and help fill feeders with seeds for the birds.

 108649
 All ages
 1 Class
 FREE
 6/13
 Su
 2:00pm-2:45pm

 108650
 All ages
 1 Class
 FREE
 6/20
 Su
 2:00pm-2:45pm

Stream Splash at Valley Mill Park

Explore Paint Branch stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes (no flip-flops or sandals, please). Meet at Valley Mill Park, 1620 Randolph Rd., Silver Spring, 20904.

107500 All ages 1 Class \$4 6/16 W 7:00pm-8:00pm

Family Fossil Foray

Pack a lunch and spend the day looking for fossilized shark teeth, sea ray dental plates, and whale bones at the beach! Our program is free, but participants are responsible for any park entrance fees. Meet at Breezy Point; print your ParkPASS confirmation receipt for detailed directions.

107551 All ages 1 Class FREE 6/18 F 10:00am-1:00pm

Meet Reddy the Aquatic Turtle

Meet our most popular live animal exhibit and find out why everyone likes Reddy. Learn about aquatic reptile care, too.

107663 6 & up 1 Class FREE 6/19 Sa 9:00am-9:30am

Wildflower Walk

Hike our trails in search of blooming native flowers, and learn to identify some common flowers.

107552 All ages 1 Class \$4 6/22 Tu 10:30am-11:30am

Wood Thrush

Listen for the lyrical trills of the wood thrush and the songs of other crepuscular creatures as we walk through our woodlands and around the pond.

107703 All ages 1 Class \$4 6/23 W 7:00pm-8:00pm

Brookside Nature Center's Red Wagon

Look for our roving Red Wagon throughout the summer at the playground, train, and carousel areas in Wheaton Regional Park. See and touch a wagon-full of natural objects, like animal furs, mammal skulls, bird feathers, turtle shells, snake skin, and more! Ask a Park Naturalist questions about plants and animals in the park, and learn cool nature facts.



Wineberry Pick & Pull

First we'll look for and taste sweet wineberry fruits, then we'll pull and remove this invasive plant from our park. Bring leather work gloves or borrow ours, and wear long pants.

107710	8 & up	1 Class	FREE	6/25	F	1:00pm-2:30pm
107711	8 & up	1 Class	FREE	6/30	W	11:00am-12:00pm
107712	8 & up	1 Class	FREE	7/14	W	7:00pm-8:00pm

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes (no flip-flops or sandals, please).

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107501	All ages	1 Class	\$4	6/26	Sa	2:00pm-3:00pm
107503	All ages	1 Class	\$4	7/17	Sa	2:00pm-3:00pm
107504	All ages	1 Class	\$4	7/20	Tu	7:00pm-8:00pm
107549	All ages	1 Class	\$4	8/8	Su	11:30am-12:30pm
107550	All ages	1 Class	\$4	8/28	Sa	3:00pm-4:00pm

Chalk Play

We'll supply the sidewalk chalk, you bring the creativity! Fill our traffic-free driveway with drawings of your favorite plants and animals. No reservations required.

107556 All ages 1 Class FREE 6/27 Su 2:00pm-3:00pm

Incredible Insects

What makes an insect an insect? Find out as we explore the park for some of these amazing creatures.

109649 All ages 1 Class \$4 6/29 Tu 7:00pm-8:00pm

Rachel Carson Conservation Park Hike

Explore one of our lesser known parks and discover the meadows, woods and pond that make homes for a variety of wildlife and plants. Reservations required. Meet at 22201 Zion Hill Road, Brookville, MD, in the parking lot by the information kiosk.

107717 All ages 1 Class \$4 7/3 Sa 10:30am-11:30am

Scavenger Hunt on Your Own

Pick up a scavenger hunt sheet at the Nature Center, search outside for different plants and animals, then return your completed sheet for a prize. No reservations required; drop in anytime during program hours.

107558 All ages 1 Class FREE 7/11 Su 2:00pm-3:30pm

Nature by Metro

Explore nature along the Metro line. Look for two-, four-, six- and eight-legged animals, as well as those that fly and swim. We'll observe nature from the train and on the ground. Call for meeting location. Bring money for your Metro ticket and parking fees.

107753 All ages 1 Class FREE 7/13 Tu 10:00am-3:00pm

Flying Squirrel Campfire

No, we won't roast the squirrels, but we will watch for these nighttime flyers. Rain cancels program. No reservations required. Fee is per marshmallow stick. 107559 All ages 1 Class \$1 7/13 Tu 8:15pm-9:15pm

Make-It and Take-It

Easy-to-make crafts that you can take home. No reservation required; drop in anytime during program hours! Fee is per craft.

Picture Frames

Use natural materials to decorate a wooden frame. 107560 All ages 1 Class \$2 7/18 Su 2:00pm-3:30pm

Fox Family in Summer

Hike a mile in the woods to look at where foxes and their babies live and play. Find out how baby foxes grow up. Please wear sturdy shoes.

107561 All ages 1 Class \$4 7/24 Sa 3:00pm-4:00pm

Glowing Rocks

Enjoy our collection of crystals and fluorescent rocks, and see how they change when we shine a different light on them.

107754 All ages 1 Class FREE 7/25 Su 2:00pm-2:30pm

Life in a Tree

Look up—and you'll see signs of life in the trees, from nests in the tree-tops and bugs in the bark to curious creatures that live down under the roots. Find out how trees become homes for many creatures.

107756 All ages 1 Class \$4 7/27 Tu 7:15pm-8:15pm

Wheaton Walkabout

Explore the season along the trails in Wheaton Regional Park. Hike is approximately 1 mile.

108599 All ages 1 Class \$4 8/3 Tu 7:00pm-8:00pm

Snakes Alive

Meet and touch some of our live local snakes. Learn what they eat, where they live, how they move, and more. Reservations required for all; no fee for adults. 107564 All ages 1 Class \$4 8/7 Sa 9:30am-10:30am

Butterfly Flutterby

Meet at the Nature Center for a story, craft, and catch and release insects. Then we'll walk to Brookside Gardens to tour the "Wings of Fancy" Butterfly Exhibit. Fee required for all attending: \$10 children, \$5 adult (fee includes admission).

107565 3 & up 1 Class \$10 8/7 Sa 11:00am-12:30pm

Hike to the Planets

Take a tour of the solar system without leaving Earth! Visit each planet in our tiny portion of the universe. 107566 6 & up 1 Class \$4 8/10 Tu 7:00pm-8:00pm

Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. Rain cancels program; no reservations required.

107567 All ages 1 Class FREE 8/11 W 8:00pm-8:45pm

Meet Clancy the Toad

Meet our unusual American toad and find out how to care for injured wildlife.

107849 6 & up 1 Class FREE 8/14 Sa 9:00am-9:30am



Come with us on a FREE Naturalist-led hike this spring!

Blue Mash Bug Walk

Sunday, June 13 10 - 11:30am

Pond Walk @ BNC Saturday, July 24

6 - 7pm

Explore a Park! Rachel Carson Conservation Park

Sunday, August 22 9 - 11am

See pp. 126-127 for registration info and more Wild Montgomery fun!

Nature Drawing Open Studio

Follow in John Audubon's footsteps and use our collection of bones and bird mounts to make your own scientific illustrations. All skill levels welcome! Bring your own paper and drawing media (watercolors, pencils, and charcoal are good; no acrylic or oils, please).

107850 12 & up 1 Class \$6 8/15 Su 5:30pm-7:00pm

Bats at Pine Lake

Hike 1.5 miles round-trip to Pine Lake and observe the bats that call the lake home. Reservations required for all; no fee for adults. Meet at the Nature Center. 107852 All ages 1 Class \$4 8/17 Tu 7:30pm-8:30pm

Fairy Trail

There's a fairy path in the woods here! Help us make a home for the fairies and decorate their path.

107855 All ages 1 Class \$4 8/20 F 10:30am-11:30am

Campfire and Moonlight Walk

We'll toast marshmallows over a fire, then take a walk in the forest under the moon.

107861 6 & up 1 Class \$4 8/24 Tu 7:30pm-8:30pm

Pond Study

Come see what lives in and around the pond. Wear shoes you don't mind getting wet.





Nature Center

Have fun, contribute to your community and learn about nature while volunteering at beautiful

in Wheaton Regional Park

Brookside Nature Center. We need good people (like you!) to fill these important volunteer positions:

- Camp Counselors
- Summer Interns
- Volunteer Naturalists
- Naturalist Aides
- Nature Center Hostesses and Hosts
- Native Plant Gardeners
- Invasive Plant Removal
- Grounds Keeping
- Community Service & Eagle Scout projects

Let us know if you have a particular skill, but no previous experience is needed—we provide on-the-job training. You'll need to submit a volunteer application before training. Visit ParksVolunteers.org and apply today!

Questions? Please contact Jenny Aley at (301) 962-1483 or email Jenny. Aley@MontgomeryParks.org

Adults Ages 18 & up

Registration required unless otherwise noted.

NATURE BOOK GROUP The Hope of Snakes

Interested in nature, natural history, ecology and wildlife? Join our new Nature Book Group! Every other month, we'll meet to discuss a contemporary nonfiction, nature-themed book.

At June's meeting, we'll discuss

The Hopes of Snakes, a wonderful
collection of essays on urban
wildlife by local author Lisa
Couturier. Many of her essays are
set in familiar places like Sugarloaf
Mountain, Rock Creek Park, the C& O
Canal, and even Rockville Pike (ever
wonder about the crows roosting there?).
Come learn about our wild neighbors!

Tuesday, June 22 • 7:00-8:30pm

Brookside Nature Center FREE for adults 18 & up Register for ParkPASS #107553

Wheaton Park Walkers

You may not be ready to hike the Appalachian Trail, but you can complete the 11-mile trail network in Wheaton Regional Park! In this series, we'll hike about 3 miles each session in order to cover the entire trail system. Sign up for one hike, or all four! Wear sturdy walking shoes and be ready to walk at a steady (but not too fast) pace. All walks except the one on July 21 leave from the Nature Center.

• Arcola Trail to Brookside Gardens

We'll hike wooded natural surface trails (Arcola, Deer Hollow), pass Pine Lake and finish on Brookside Gardens' 1-mile paved Heart Smart Trail.

107749 18 & up 1 Class \$6 7/6 Tu 7:00pm-8:30pm

Paved Loop Trails

We'll walk through the woods on two paved loop trails. Meet at parking lot next to Wheaton Park Dog Park (Orebaugh Avenue entrance off Arcola) 107750 18 & up 1 Class \$6 7/21 W 6:30pm-8:00pm

Acorn Woods & Horse Trail Loops

We'll hike on two challenging natural surface loop trails with some hilly and rocky terrain—Acorn Woods Trail and the Equestrian Trail.

107751 18 & up 1 Class \$6 7/28 W 6:30pm-8:00pm

• Pine Lake & Shorefield Area

On this walk, we'll see Pine Lake, the train station, playground and Brookside Gardens.

107752 18 & up 1 Class \$6 7/31 Sa 9:30am-11:00am

Ladies Bicycle Out

Bring your bike and join like-minded women for a ride along various bike trails in our parks. Moderate biking skills needed; bring your bike helmet.

• Sligo Creek Trail

107563 18 & up 1 Class \$8 8/1 Su 9:30am-11:30am







Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org Open Tuesday – Saturday, 9am-5pm & Sunday 1pm-4pm. Trails open daily, dawn to dusk.

Nature Center

in Cabin John Regional Park

Toddlers & Preschool Ages 1-6

Registration required unless otherwise noted

Tot Time: Bugs, Slugs & Other Thugs

Explore the world of small! We'll look under logs, in flowers, and in trees for invertebrate friends and foes. 107099 1-3yrs 1 Class \$5 6/25 F 11:15am-12:00pm

Forest Frolics

Bring your young nature adventurers for a fun outing in the woods. We'll enjoy stories, hikes, song and art as we explore the wild spaces in the park. Please visit LocustGroveNature.org for weekly topics.

107261 3-5yrs	1 Class	\$5	7/13 Tu	11:00am-12:00pm
107262 3-5yrs	1 Class	\$5	7/27 Tu	11:00am-12:00pm
107263 3-5yrs	1 Class	\$5	8/10 Tu	11:00am-12:00pm
107264 3-5yrs	1 Class	\$5	8/24 Tu	11:00am-12:00pm

Children & Youth Ages 6-12

Registration required unless otherwise noted

Junior Girl Scouts: Finding Your Way

Learn your way in the woods! Cars and GPS systems have made knowing where you are a lost art. But being able to map things and find your way is good for your brain, and can make an adventure in the woods much more fun. Learn how to use compasses, water flow, space, time, and shadows to navigate unfamiliar terrain, and fulfill badge requirements to boot! 107259 9-11yrs 1 Class \$10 7/8 Th 6:30pm-8:00pm

Preteens & Teens Ages 12 - 17

Registration required unless otherwise noted

Creature Comfort

Become a virtual wildlife rehabilitator! We'll look at case studies provided by local wildlife rehabilitators, explore the natural history of different wildlife species, and study treatment methods for injured and orphaned wildlife. You'll learn how to identify certain animals, determine age, class and gender, and formulate treatment plans. Presented by Leslie Sturges, Virginia Category IIA Licensed Wildlife rehabilitator. Certificates of accomplishment will be awarded to everyone who attends all four classes. Guest speakers and animals may visit subject to availability.

107255 12-16yrs	1 Class	\$10	7/1	Th	6:30pm-8:00pm
107256 12-16yrs	1 Class	\$10	7/15	Th	6:30pm-8:00pm
107257 12-16yrs	1 Class	\$10	8/4	W	6:30pm-8:00pm
107258 12-16yrs	1 Class	\$10	8/19	Th	6:30pm-8:00pm

Mixed Ages Ages 1 - 17

Registration required unless otherwise noted

Tuesday in the Park

Join a Park Naturalist or Ranger at the Cabin John playground off Tuckerman Lane to explore what's happening outside! No registration required.

109450	1-12yrs	1 Class	FREE	6/1	Tu	11:00am-12:00pm
109451	1-12yrs	1 Class	FREE	6/15	Tu	11:00am-12:00pm
109452	1-12yrs	1 Class	FREE	7/6	Tu	11:00am-12:00pm
109453	1-12yrs	1 Class	FREE	7/20	Tu	11:00am-12:00pm
109454	1-12yrs	1 Class	FREE	8/3	Tu	11:00am-12:00pm
109455	1-12yrs	1 Class	FREE	8/17	Tu	11:00am-12:00pm

Programs for All

Registration required unless otherwise noted

Cabin John's 1st Photo Scavenger Hunt

Join us for Locust Grove's inaugural Photo Scavenger Hunt! Armed with a list of items and their point values, you'll meander through Cabin John Regional

> Park and beyond, hunting for mystery items. Find one? Take a picture of it and move on. The hunt is self-directed with no fixed time period; do it alone, with a partner or group. Tally up points and turn in your results by

4pm at the Nature Center. Rewards include fun prizes and a pat on the back. Test your photo skills, get some exercise, and stimulate your creative thinking. Don't have a camera? Borrow one of ours! 109449 6 & up 1 Class FREE 6/5 Sa 10:00am-4:00pm

Moth Flicks

What better place to enjoy nature-filled films than outside, with people who share your interests? We'll show three family favorites, each accompanied by a Naturalist-led activity. Popcorn included. All attendees must register and pay, and all children must be accompanied by an adult.

• The Ant Bully

Lucas Nickle, a 10-year-old newcomer to town, takes his frustrations out on the ants in his yard but the ants retaliate! This charming film teaches important life lessons.

107349 1 & up 1 Class \$4 6/23 W 7:00pm-9:00pm • Wall-E

After hundreds of lonely years doing what he was built for, the curious and lovable Wall-E discovers a new purpose in life when he meets a sleek search robot named Eve. Enjoy this movie again! 107350 1 & up 1 Class \$4 7/28 W 7:00pm-9:00pm

DINO DISCOVERY

at Locust Grove Nature Center!

> Stay tuned for an exciting discovery in June that we think you'll dig!

Moth Flicks (cont.)

• Fly Away Home

Inspired by a true story, the movie tells of a 13-year-old girl who goes to live with her estranged, eccentric father after the death of her mother. She learns how to cope with her own emotions when she adopts a flock of baby geese and teaches them to migrate using an ultralight aircraft. 107351 1 & up 1 Class \$4 8/25 W 7:00pm-9:00pm

Adventures in the Twilight Zone

When the sun goes down, the forest comes alive! Families will explore and marvel at the magnificent adaptations of nocturnal animals during this magical time of day. We'll also make firefly lanterns, plant moon flowers, play flashlight tag and roast marshmallows. Please note: this camp is for parents and their kids. Each week we'll cover a new topic, from owls to fireflies. Bring your waste-free picnic dinner to cook on our campfire. All attendees must register and pay. Come for one, two, or all four classes!

Owls and their Fuzzy Babies

107399 1 & up 1 Class \$5 7/2 F 6:00pm-8:00pm

• Moths, Fireflies and Moon Flowers

107400 1yrs&up 1 Class \$5 7/9 F 6:00pm-8:00pm

• Flying Squirrels

107401 1 & up 1 Class \$5 7/16 F 6:00pm-8:00pm

• Fireflies and Moths!

107402 1 & up 1 Class \$5 7/23 F 6:00pm-8:00pm

Iced Tea and Birds

Late afternoon is a golden time—perfectly suited for relaxing in a comfortable chair and sipping iced tea while watching birds at the feeder. We offer this luxury in a natural setting on our expanded deck overlooking the meadow and Cabin John Creek. Come anytime in the two-hour period, sit awhile, sample a variety of black and herbal teas, and let the busy-ness of the day pass in a flutter of wings.

107100 16 & up 1 Class \$5 7/17 Sa 4:00pm-6:00pm

Woodsy Wanderings

How do chirpers, strummers, browsers and builders celebrate their Friday nights? Find out as we leave the tame terrain of suburbia behind and explore the bustle of the forest world waking up and going to sleep. Please register and pay for all attendees 5 & up.

107250 5 & up	1 Class	\$2	7/30	F	7:00pm-8:00pm
107251 5 & up	1 Class	\$2	8/6	F	7:00pm-8:00pm
107252 5 & up	1 Class	\$2	8/13	F	7:00pm-8:00pm
107253 5 & up	1 Class	\$2	8/20	F	7:00pm-8:00pm
107254 5 & up	1 Class	\$2	8/27	F	7:00pm-8:00pm

Bat Box Technology for Scouts and Scout Leaders

So you want to build a bat box? Think building boxes is a great service project? Join area bat expert Leslie Sturges to discuss the whys and wherefores of bats and bat boxes. Learn about the best designs, legalities of location, and maintenance and monitoring requirements. Oh, and learn a thing or two about bats along the way!

What's Inside? Butterflies!

Come to Locust Grove and explore the contents of our butterfly box. It's self-guided learning at its best, as you and your child examine the box contents and discover the butterfly life cycle, what caterpillars eat, what butterflies are common in Montgomery County, where butterflies go in the winter and much more. Learn at your own pace and share the mysteries and wonders of the butterfly world. All box explorers (adults and children) must register and pay, and children must be attended by an adult co-learner.

107299 4 & up 1 Class \$2 8/28 Sa 3:30pm-5:30pm

Adults Ages 18 and up

Registration required unless otherwise noted

Volunteer Naturalist Training at Locust Grove

Modeled after the very successful training program initiated by the Black Hill Visitor Center staff, these adult classes are offered for Locust Grove Volunteer Naturalists. You must be a current or prospective volunteer at Locust Grove, interested in conducting nature programs here and in schools. Registration is required, and all classes are free. To register, please contact Geri Drymalski at Geri.Drymalski@ MontgomeryParks.org, or call her at 301-765-8663. All classes take place indoors and out—we'll learn from experts and from each other. Please bring water and binoculars if you have them. Be prepared to walk, investigate, get your hands dirty and share your knowledge. If you're interested in joining the Volunteer Naturalists at Locust Grove, please email Geri before the training class begins.

Stream Ecology

Get your wading shoes on and learn how to teach others the basics of stream ecology. We'll observe the biological, chemical, and physical aspects of streams to learn what determines their health and vitality. We'll focus on Cabin John Creek and its watershed. Field guides and notebooks provided.

109499 18 & up 1 Class FREE 6/10 Th 6:30pm-8:30pm

Pollinators

Delve into an ancient and very successful relationship. Without pollinators, many flowering plants wouldn't survive. And without flowering plants, many incredible, wonderful creatures would not exist. The relationship between plants and their pollinators can be beautiful, but it's really slow-motion warfare, as plants try to give up just a sip of nectar as payment, and pollinators strive to maximize their reward.

107249 18 & up 1 Class FREE 7/29 Th 6:30pm-8:30pm

• Invasive Species

What are non-native, invasive plants, what harm are they really causing and why should we worry about them? In this two-hour class we'll learn to identify the more notorious invasive plants consuming our Piedmont habitats, as well as their repercussions and means of eradication.

109500 18 & up 1 Class FREE 8/5 Th 6:30pm-8:30pm





Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-924-4141 • www.MeadowsideNature.org Open Tuesday-Saturday, 9am-5pm. Trails open daily dawn to dusk.

Nature Center

in Rock Creek Regional Park

Toddlers Ages 1-6

Tyke Hike

Come and discover the bustling world around the Nature Center. Take a mini-nature hike, and make a craft to take home.

109949 2-4yrs	1 Class	\$5	6/2 W	9:30am-10:15am
109950 2-4yrs	1 Class	\$5	6/16 W	9:30am-10:15am
109951 2-4yrs	1 Class	\$5	7/14 W	9:30am-10:15am
109953 2-4yrs	1 Class	\$5	7/28 W	9:30am-10:15am
109952 2-4yrs	1 Class	\$5	8/18 W	9:30am-10:15am



Storutime: The Lorax

We'll read the famous Dr. Seuss story and talk about things that we can do to help the environment. Using eco-pots and newspaper, we'll make our own pots to plant seeds and cuttings to take home. Naturalist: Sandy Staples

110349 3-6yrs 1 Class \$5 6/15 Tu 1:30pm- 2:30pm

Storytime on the Farm

Mixed Ages Ages1-17

4th of July

Celebrate an Old-Fashioned

Find out what makes the holiday such

family. While we learn about our

Declaration of Independence,

we'll make all-American apple

rolling pin from home to make

pies together! Please bring a

Derwood, MD 20855).

110452 8 – 14yrs 1 Class

110453 8 – 14vrs 1 Class

a special American tradition for all of the

Learn about a different animal each time through a story and hands-on activity. Meet Naturalist Sandy Staples at the red barn at the Agricultural History Farm Park (18400 Muncaster Rd., Derwood, 20855).

110401 3-6yrs	1 Class	\$5	6/22 Tu	10:00am-11:00am
110402 3-6yrs	1 Class	\$5	7/29 Th	10:00am-11:00am
110403 3-6yrs	1 Class	\$5	8/31 Tu	10:00am-11:00am

your pie crust; we'll provide all the ingredients. Adult

assistance is required. Course fee is per pie, so if your

family wants to make one pie, register just one family

member (if you want to make two pies, register two

family members, etc.). Meet Naturalist Sandy Staples

6/30 W

6/30 W

at the Ag History Farm Park (18400 Muncaster Rd.,

SUMMER TRIPS

with Meadowside Nature Center

Here are just a few of the places we'll go this summer!

- Solomon's Island
- Birding on MD's **Eastern Shore**
- Brandywine **Valley Gardens**
- Historic **Philadelphia**
- Mount Vernon
- Glen Echo, MD

See all the details & more Summer Trips on pages 124-125.

Meadowside Movies by the Fire

Spend your summer nights around Meadowside's campfire to enjoy tasty roasted marshmallows and a short film. We'll supply the marshmallows and graham crackers, you bring your chocolate of choice, and we'll make s'mores! Please register and pay for all participants.

• The Cat in the Hat

The animated television version based on Dr. Seuss's classic tale, featuring the Cat in the Hat, Conrad, Sally, and of course, Thing 1 and Thing 2. Movie length: 25 minutes

110099 3 & up 1 Class \$3 8:00pm-9:00pm 6/17 Th

Paul Bunyan

This Oscar-nominated Disney animated film (1958) tells the tale of a legendary lumberjack and his best bud, Babe the Blue Ox.

Movie length: 20 minutes

110100 3 & up 1 Class \$3 7/15 Th 7:30pm-8:30pm

• A Cricket in Times Square

Based on the children's classic by George Selden, this animated classic is the story of Chester, a Connecticut cricket who gets caught inside a picnic basket and ends up in the middle of the big, noisy city-New York City!-where he meets Harry, Tucker, Mario and other new friends.

Movie length: 25 minutes

110101 3 & up 1 Class \$3 8/5 Th 7:30pm-8:30pm

Programs for All

Owls, Hawks & Eagle Lunchtime & Talk

Observe Meadowside's hawks, owls, vulture, and bald eagle during their feeding time and ask questions! Get a chance to speak with a Naturalist about our birds of prey, and learn some of the

stories about Meadowside's own raptors on exhibit. These talks will begin at the Raptor Walkway behind the Nature Center. No reservations required.

110199	All Ages	1 Class	Free	6/12	Sa	12:00pm-12:30pm
110200	All Ages	1 Class	Free	6/19	Sa	12:00pm-12:30pm
110201	All Ages	1 Class	Free	7/17	Sa	12:00pm-12:30pm
110202	All Ages	1 Class	Free	7/24	Sa	12:00pm-12:30pm
110203	All Ages	1 Class	Free	8/14	Sa	12:00pm-12:30pm
110204	All Ages	1 Class	Free	8/21	Sa	12:00pm-12:30pm

9:30am-11:00am

12:00pm- 1:30pm

WILD MONTGOMERY

Explore wild Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home, and learn fascinating natural history from Park experts. All programs are free and require registration. For detailed directions, please print your ParkPASS confirmation receipt.

Early Morning Hike at South Germantown

South Germantown is a great spot to go searching for birds, butterflies, and other wildlife! First we'll search for dragonflies around a small pond near the Splash Playground, then take a quick drive to a special spot where we'll hike and look for lots of different wildlife. Bring your camera, binoculars if you have them, and water. Meet at the Splash Playground parking lot in South Germantown Recreational Park (18041 Central Park Circle, Boyds, 20841). Naturalist: Sandy Staples 110399 18 & up 1 Class Free 6/18 F 8:30am-12:00pm 110400 18 & up 1 Class Free 8/20 F 8:30am-12:00pm

Early Morning Hike at Great Falls, MD

Join Naturalist Sandy Staples for an early morning stroll along the C&O Canal. We'll talk about the Canal and its history, look for bluebirds and other songbirds, and enjoy the gentle breeze and great views afforded by the Potomac River along the way. After the hike, stick around and ride the canal barge (\$5 cash fee, due onsite) down to Georgetown and back to Great Falls Tavern if you like. Separate reservations for each activity are required.

110404 18 & up 1 Class Free 6/23 W 8:30am-10:45am

Night Hike at Meadowside

Nature at night can be fun and exciting!
We'll learn about the special ways nocturnal animals have adapted to the night, and hike the trails around Meadowside to experience a world much different than its daytime counterpart.

110205 6 & up 1 Class Free 7/8 Th 8:00pm-9:15pm

Early Morning Hike at Riley's Lock

Join Naturalist Sandy Staples at Riley's Lock (where Great Seneca Creek goes under the C&O Canal) to explore the birds and native wildlife along the Potomac River. Even when it's hot, the breezes off the Potomac make this a very pleasant way to start the day. Bring your binoculars and meet at Riley's Lock for this easy hike.

@ Meadowside

110651 18 & up 1 Class Free 7/9 F 8:30am-11:00am

Sunflower Hike at McKee-Beshers

Imagine acres of sunflowers with their bright yellow heads nodding in the gentle breeze...it's a dream photo op for nature photographers! Join Naturalist Sandy Staples to explore a bit of this 2,000-acre state park, and other areas along the C&O Canal. Bring a camera and binoculars if you have them; we'll bring a ladder so you can get a bird's eye view. Meet at the first parking lot in McKee-Beshers Wildlife Management Area, on the left-hand side of River Road just past Seneca, MD. Call 301-924-4141 for more info. 110656 18 & up 1 Class Free 7/23 F 8:30am-12:00pm

Early Morning Hike at Black Hill Regional Park

Explore a variety of habitats, gardens and trails in this beautiful park, where we'll search for birds, wildlife signs, and evidence of man's influence on the environment. Easy hike; bring your binoculars and water. Meet Naturalist Sandy Staples at the Black Hill Regional Park Visitor Center. 110701 18 & up 1 Class Free 7/28 F 8:30am-11:30am

Gone Fishin'

We'll make our own cane fishing poles, then try them out on the shoreline of Lake Needwood. Largemouth bass, catfish, bluegill, crappie, and trout are just a few of the fish found in Lake Needwood—what will you catch? Meet Naturalist Glenn Rice at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, 20855).

111149 7-10yrs 1 Class Free 8/18 W 10:30am-11:45am

Meet Naturalist Sandy Staples and Volunteer Artist Roberta Staat at beautiful natural spots in Montgomery County, and create some pastoral beauty of your own. The locations will supply the inspiration, you bring your imagination, and we'll bring the art supplies. These are beginner's classes; all are welcome. Bring a bag lunch and something to drink.

The Ag History Farm

Take in the fresh air, enjoy the inspiring views, observe the animals that live there,

and paint or draw what you see and feel! Meet at the Ag History Farm Park, 18400 Muncaster Rd., Derwood, 20855. 110559 8 & up 1 Class \$10 7/7 W 9:30am-12:00pm



• Black Hill Regional Park

We'll meet at Black Hill Visitor Center for a boat ride on Little Seneca Lake and a walk through the gardens. The fresh air, peaceful lake, wide open spaces and native flora and fauna are bound to inspire something beautiful.

110455 8 & up 1 Class \$15 8/6 W 9:30am-12:00pm

• Brookside Gardens

Meet in front of Brookside Gardens Conservatory for a trip through the "Wings of Fancy" Butterfly Exhibit! Afterwards, we'll go out in the Gardens and enjoy the fresh air and lovely array of plants and flowers. Then, fortified with all these beautiful images...we'll create!

 $110658 \quad 8 \;\&\: up \quad 1 \; Class \quad \$16 \quad 8/18 \quad W \quad 9:30 am-12:00 pm$

LOIUITEET in the Parks

INTERPRETIVE PROGRAMS

Brookside Gardens

Wings of Fancy Volunteer: Volunteer positions available include: Information Specialist, Flight Attendant, and Tour Guides.

Gardener Assistant: Volunteers assist with planting and care of a wide variety of ornamental plants, including weeding, pruning, watering, grooming, staking, and deadheading, preparing garden beds, mulching, and general clean-up.

Children's Story Time Volunteer: Read and interpret horticulture related picture books to preschool children ages 3-6 and assist with creating a story-related craft. This volunteer opportunity is only on weekends.

Event Assistant: Assist with special and seasonal events in the gardens. Help is needed on weekends, and duties range from assisting with set up for receptions to directing parking in our parking lot. Shifts are 4 hours. This is a great way to get SSL hours and work in the gardens you love!

Light Show Assistant: Volunteers are needed to help install light show displays weekdays August-November.



"Wings of Fancy" **Butterfly Exhibit**

Brookside Gardens May—September Online and in-person training is provided for all positions.

301-962-1429 | BrooksideGardens.org



Nature Centers

Our four Nature Centers are always looking for volunteers to fill a variety of positions throughout the year. For more info on Nature Center volunteer opportunities, call them directly (see directory for numbers), or visit ParksVolunteers.org

Gardening Aides Naturalist Aides Animal Care Aides Camp Counselors Volunteer Naturalists





Trail Volunteering Join us for a day or for a season!

Weekend Projects: Spend a few hours as an individual, family or group building or maintaining a trail. Minimum age 14.

Weekend Project Dates:

May 22nd: Lower Magruder Trail May 29th: Fairland Recreational Park

June 5th: National Trails Day!, Rock Creek Regional Park

Rachel Carson Conservation Park

June 12th: Muddy Branch Greenway Trail

June 19th & 26th: TBD

Volunteer Trail Ranger: Inspect and give TLC to an assigned trail year-round, and submit quarterly reports. Check online job listings for area availability. Minimum age 18.

Parks/Trails Open for New Trail Rangers:

Wheaton Regional Park Little Bennett Regional Park Oakley Cabin Trail

140

Black Hill Regional Park Woodstock Equestrian Park Underground Railroad **Experience Trail**

Trails GPS Technician: Use a handheld GPS to help us catalog unofficial trails throughout the county while you hike. Must provide own GPS unit. Minimum age 18.

Weed Warriors

Non-native invasive plants threaten the health and biodiversity of our parklands. There are two ways you can help stop these plants and save the forest:

- Special Project Weed Warrior: Volunteer for a scheduled invasive plant removal project. 301-962-1346 | WeedWarrior.org
- Certified Weed Warrior: After completing the online training and one field training session, you can work on your own in any park you like! Summer field training dates are June 30, July 28, August 25, Sept. 29 & Oct. 27, plus a special up-county date on Sept. 14. 301-962-1343 | WeedWarrior.org



Ice Skating Camp **Counselor-In-Training**

Cabin John Ice Rink and Wheaton Ice Arena

If you have solid skating skills and enjoy working with children, you can have fun and earn student service learning hours by helping out with our summer skating camps. 301-495-2504 | ParksVolunteers.org







Stream Clean Ups — Keeping Montgomery Parks Clean & Green!



Montgomery Parks applauds our 2010 Maryland Recreation & Parks Association Volunteer Award Winners!

Steve Morrison – For his work as a Community Patrol Volunteer with the Montgomery Park Police **Steve Morrison** – For removing tons of trash and debris from the Matthew Henson Trail **Joan O'Rourke** – For her years of service and development of the Friends of Brookside Gardens







Indoor Tennis

Pauline Betz Addie Tennis Center at Cabin John Regional Park 7801 Democracy Blvd. Bethesda, MD 20817 301-765-8650 www.CabinJohnTennis.com



Wheaton Indoor Tennis 11715 Orebaugh Avenue Wheaton, MD 20902 301-905-3030 www.WheatonTennis.com

Tennis Clinic: Beginner/Beginner Plus

Designed for students with minimal playing experience. Students will warm up, review their grip and court etiquette and basic safety rules, and work on the fundamentals of hitting techniques: ground shots, lobs volleys, serves, and overhead skills.

Pauline Betz Addie Tennis / Cabin John

109549	7-12yrs	5 Classes	\$125	6/21	M-F	8:00am-10:00am
109555	7-12yrs	5 Classes	\$125	6/21	M-F	1:00pm- 3:00pm
109550	7-12yrs	5 Classes	\$125	6/28	M-F	8:00am-10:00am
109556	7-12yrs	5 Classes	\$125	6/28	M-F	1:00pm- 3:00pm
113849	7-12yrs	4 Classes	\$100	7/6	Tu-F	8:00am-10:00am
113850	7-12yrs	4 Classes	\$100	7/6	Tu-F	1:00pm- 3:00pm
108114	7-12yrs	5 Classes	\$125	7/12	M-F	8:00am-10:00am
109101	7-12yrs	5 Classes	\$125	7/12	M-F	1:00pm- 3:00pm
108115	7-12yrs	5 Classes	\$125	7/19	M-F	8:00am-10:00am
108121	7-12yrs	5 Classes	\$125	7/19	M-F	1:00pm- 3:00pm
108119	7-12yrs	5 Classes	\$125	7/26	M-F	8:00am-10:00am
108116	7-12yrs	5 Classes	\$125	7/26	M-F	1:00pm- 3:00pm
108120	7-12yrs	5 Classes	\$125	8/2	M-F	8:00am-10:00am
108122	7-12yrs	5 Classes	\$125	8/2	M-F	1:00pm- 3:00pm
108123	7-12yrs	5 Classes	\$125	8/9	M-F	8:00am-10:00am
108127	7-12yrs	5 Classes	\$125	8/9	M-F	1:00pm- 3:00pm
108124	7-12yrs	5 Classes	\$125	8/16	M-F	8:00am-10:00am
108128	7-12yrs	5 Classes	\$125	8/16	M-F	1:00pm- 3:00pm

Wheaton Indoor Tennis

vviicut	m maco	i i Cililis				
111299	7-12yrs	5 Classes	\$125	6/21	M-F	8:00am-10:00am
111308	7-12yrs	5 Classes	\$125	6/21	M-F	1:00pm- 3:00pm
111300	7-12yrs	5 Classes	\$125	6/28	M-F	8:00am-10:00am
111309	7-12yrs	5 Classes	\$125	6/28	M-F	1:00pm- 3:00pm
111301	7-12yrs	4 Classes	\$100	7/6	Tu-F	8:00am-10:00am
111310	7-12yrs	4 Classes	\$100	7/6	Tu-F	1:00pm- 3:00pm
111302	7-12yrs	5 Classes	\$125	7/12	M-F	8:00am-10:00am
111311	7-12yrs	5 Classes	\$125	7/12	M-F	1:00pm- 3:00pm
111303	7-12yrs	5 Classes	\$125	7/19	M-F	8:00am-10:00am
111312	7-12yrs	5 Classes	\$125	7/19	M-F	1:00pm- 3:00pm
111304	7-12yrs	5 Classes	\$125	7/26	M-F	8:00am-10:00am
111313	7-12yrs	5 Classes	\$125	7/26	M-F	1:00pm- 3:00pm
111305	7-12yrs	5 Classes	\$125	8/2	M-F	8:00am-10:00am
111314	7-12yrs	5 Classes	\$125	8/2	M-F	1:00pm- 3:00pm

111316 7-12yrs 5 Classes \$125 8/16 M-F 1:00pm-3:00pm

111306 7-12yrs 5 Classes \$125 8/9

111315 7-12yrs 5 Classes \$125 8/9

111307 7-12yrs 5 Classes \$125 8/16 M-F

Tennis Clinic: Intermediate/Advanced

Intermediate/Advanced Clinic students should understand how tennis is played, when and where to hit which stroke, and how to keep score; be able to hit ground strokes, lobs, volleys, serves, service returns and overheads; and rally from the baseline for at least 10 minutes. We'll work on perfecting your ground stokes, volleys and service techniques, and focus on strategy, conditions and footwork.

Pauline Betz Addie Tennis / Cabin John

109551	7-12yrs	5 Classes	\$125	6/21	M-F	10:00am-12:00pm
109553	7-12yrs	5 Classes	\$125	6/21	M-F	3:00pm- 5:00pm
109552	7-12yrs	5 Classes	\$125	6/28	M-F	10:00am-12:00pm
109554	7-12yrs	5 Classes	\$125	6/28	M-F	3:00pm- 5:00pm
113851	7-12yrs	4 Classes	\$100	7/6	T-F	10:00am-12:00pm
113852	7-12yrs	4 Classes	\$100	7/6	T-F	3:00pm-5:00pm
108132	7-12yrs	5 Classes	\$125	7/12	M-F	10:00am-12:00pm
108141	7-12yrs	5 Classes	\$125	7/12	M-F	3:00pm- 5:00pm
108133	7-12yrs	5 Classes	\$125	7/19	M-F	10:00am-12:00pm
108142	7-12yrs	5 Classes	\$125	7/19	M-F	3:00pm- 5:00pm
108134	7-12yrs	5 Classes	\$125	7/26	M-F	10:00am-12:00pm
108143	7-12yrs	5 Classes	\$125	7/26	M-F	3:00pm- 5:00pm
108135	7-12yrs	5 Classes	\$125	8/2	M-F	10:00am-12:00pm
108144	7-12yrs	5 Classes	\$125	8/2	M-F	3:00pm- 5:00pm
108136	7-12yrs	5 Classes	\$125	8/9	M-F	10:00am-12:00pm
108145	7-12yrs	5 Classes	\$125	8/9	M-F	3:00pm- 5:00pm
108137	7-12yrs	5 Classes	\$125	8/16	M-F	10:00am-12:00pm
108146	7-12yrs	5 Classes	\$125	8/16	M-F	3:00pm- 5:00pm
14/1						

100120	7-12y13	2 Classes	ŞIZJ	0/5	IVI-L	10.00aiii-12.00piii
108145	7-12yrs	5 Classes	\$125	8/9	M-F	3:00pm- 5:00pm
108137	7-12yrs	5 Classes	\$125	8/16	M-F	10:00am-12:00pm
108146	7-12yrs	5 Classes	\$125	8/16	M-F	3:00pm- 5:00pm
Wheat	on Indoo	or Tennis				
111349	7-12yrs	5 Classes	\$125	6/21	M-F	10:00am-12:00pm
111357	7-12yrs	5 Classes	\$125	6/21	M-F	3:00pm- 5:00pm
111350	7-12yrs	5 Classes	\$125	6/28	M-F	10:00am-12:00pm
111358	7-12yrs	5 Classes	\$125	6/28	M-F	3:00pm- 5:00pm
111351	7-12yrs	4 Classes	\$100	7/6	Tu-F	10:00am-12:00pm
111359	7-12yrs	4 Classes	\$100	7/6	Tu-F	3:00pm- 5:00pm
111352	7-12yrs	5 Classes	\$125	7/12	M-F	10:00am-12:00pm
111360	7-12yrs	5 Classes	\$125	7/12	M-F	3:00pm- 5:00pm
111899	7-12yrs	5 Classes	\$125	7/19	M-F	10:00am-12:00pm
111361	7-12yrs	5 Classes	\$125	7/19	M-F	3:00pm- 5:00pm
111353	7-12yrs	5 Classes	\$125	7/26	M-F	10:00am-12:00pm
111362	7-12yrs	5 Classes	\$125	7/26	M-F	3:00pm- 5:00pm
111354	7-12yrs	5 Classes	\$125	8/2	M-F	10:00am-12:00pm
111363	7-12yrs	5 Classes	\$125	8/2	M-F	3:00pm- 5:00pm
111355	7-12yrs	5 Classes	\$125	8/9	M-F	10:00am-12:00pm
111364	7-12yrs	5 Classes	\$125	8/9	M-F	3:00pm- 5:00pm
111356	7-12yrs	5 Classes	\$125	8/16	M-F	10:00am-12:00pm
111365	7-12yrs	5 Classes	\$125	8/16	M-F	3:00pm- 5:00pm



IMPORTANT DATES

Both tennis centers will be CLOSED

- Sun. July 4
- Mon. Sept. 6

Both tennis centers will be OPEN (no lessons)

- Mon. May 31
- Mon. July 5

Registration for all SUMMER Tennis Classes (INDOOR and OUT) opens SATURDAY, MAY 15 M-F 8:00am-10:00am

1:00pm-3:00pm

8:00am-10:00am

M-F

Saturday Night Round Robin Doubles

Test your tennis prowess, meet new people and have some fun at Wheaton Indoor Tennis every



Saturday night! You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Round Robin Doubles are offered at two skill levels; please check the course to make sure you're registering for your skill level. Registration is open now!

Wheaton Indoor Tennis

For Skill Level 3.0 and above

106711	18 & up	1 Class	\$20	5/22	Sa	8:00pm- 12:00am
104002	18 & up	1 Class	\$20	6/5	Sa	8:00pm- 12:00am

For **Skill Level 3.5** and above

106710	18 & up	1 Class	Ş20	5/15	Sa	8:00pm- 12:00am
106712	18 & up	1 Class	\$20	5/29	Sa	8:00pm- 12:00am
106713	18 & up	1 Class	\$20	6/12	Sa	8:00pm- 12:00am

Hey, Kids! Enter the

OuickStart Tournament

Only 24 kids can enter in each age category of this round-robin style tournament, so sign up asap! Trophies for winners, and ribbons for all participants! Registration open now.

This is an introductory level, non-ranking tournament. Players age 10 and under with full-court tournament experience should notregister for this event.

AGES 5-7

Saturday, June 19 • 9am-Noon ParkPASS #106701 \$20

AGES 8-10

Sunday, June 20 • 1-4pm ParkPASS #106702 \$20



Outdoor Tennis

Norwood Local Park 4700 Norwood Road Bethesda, MD 20815

Olney Manor Recreational Park 16601 Georgia Avenue Olney, MD 20832 Court Locations
Outdoor
Group Lessons

South Germantown Regional Park 18056 Central Park Circle Boyds, MD 20841

Wheaton Regional Park 11717 Orebaugh Avenue Wheaton, MD 20902

QuickStart Tennis: Outdoor

Tailor-made for younger kids, QuickStart focuses on letting kids enjoy the experience of hitting balls back and forth. Classes use scaled-down courts and racquets, special balls, and a simplified scoring system, so that kids can quickly learn the basic skills and principles of the game. All classes include warm-up and cool-down activities, skill review and practice, and a team game that reinforces the skills and tactics of the playing situation. These classes are played on outdoor courts.

Norwood Local Park

	113853	5-8yrs	5 Classes	\$75	6/21	M&W	4:00pm-5:00pm		
	113854	5-8yrs	6 Classes	\$90	7/19	M&W	4:00pm-5:00pm		
	113855	5-8yrs	6 Classes	\$90	8/16	M&W	4:00pm-5:00pm		
Olney Manor Recreational Park									
	108242	5-8yrs	5 Classes	\$75	6/21	M&W	4:00pm-5:00pm		
	108240	5-8yrs	6 Classes	\$90	7/19	M&W	4:00pm-5:00pm		
	108239	5-8yrs	6 Classes	\$90	8/16	M&W	4:00pm- 5:00pm		
	Wheato	n Regio	onal Park						
	108244	5-8yrs	5 Classes	\$75	6/21	M&W	4:00pm-5:00pm		
	108243	5-8yrs	6 Classes	\$90	7/19	M&W	4:00pm-5:00pm		
	108549	5-8yrs	6 Classes	\$90	8/16	M&W	4:00pm- 5:00pm		

Outdoor Tennis: Beginner

Beginner classes are designed for people who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet, basic stroke technique and course etiquette. Please bring your own rackets, water and appropriate footwear.

• Beginner, Pre-Teens (Outdoor)

Norwood Local Park

108163	8-12yrs	6 Classes	\$90	6/22	T&Th	4:00pm- 5:00pm
108167	8-12yrs	6 Classes	\$90	7/20	T&Th	4:00pm- 5:00pm
108174	8-12yrs	6 Classes	\$90	8/17	T&Th	4:00pm-5:00pm

Olney Manor Recreational Park

108164	8-12yrs	6 Classes	\$90	6/22	T&Th	4:00pm-5:00pm
108168	8-12yrs	6 Classes	\$90	7/20	T&Th	4:00pm-5:00pm
108175	8-12yrs	6 Classes	\$90	8/17	T&Th	4:00pm-5:00pm

South Germantown Recreational Park

113399	8-12yrs	5 Classes	\$75	6/21	M&W 4:00pm-5:00pm
108165	8-12yrs	6 Classes	\$90	6/22	T&Th 4:00pm-5:00pm
108180	8-12yrs	6 Classes	\$90	7/10	Sa 9:00am-10:00am
113400	8-12yrs	6 Classes	\$90	7/19	M&W 4:00pm- 5:00pm
108169	8-12yrs	6 Classes	\$90	7/20	T&Th 4:00pm-5:00pm
113401	8-12yrs	6 Classes	\$90	8/16	M&W 4:00pm-5:00pm
108177	8-12vrs	6 Classes	\$90	8/17	T&Th 4:00pm-5:00pm

CABIN JOHN UNDER CONSTRUCTION

From the end of May to September, the outdoor tennis courts in Cabin John Regional Park will be closed for renovation. We apologize for the inconvenience, but you'll love the results! Please visit one of the 300 other outdoor courts in Montgomery Parks, or one of the two indoor tennis facilities (Remember, Wheaton Indoor Tennis has a/c!)



• Beginner, Pre-Teens (cont.)

Wheaton Regional Park

108162	8-12yrs	6 Classes	\$90	6/22	T&Th	4:00pm-5:00pm
108166	8-12yrs	6 Classes	\$90	7/20	T&Th	4:00pm-5:00pm
108170	8-12vrs	6 Classes	\$90	8/17	T&Th	4:00pm- 5:00pm

Beginner, Teens & Adults (Outdoor)

Norwood Local Park

108199	13 & up	5 Classes	\$75	6/21	M&W 9:00am-10:00am
108184	13 & up	5 Classes	\$75	6/21	M&W 6:00pm-7:00pm
108200	13 & up	6 Classes	\$90	6/22	T&Th 9:00am-10:00am
108185	13 & up	6 Classes	\$90	6/22	T&Th 6:00pm-7:00pm
108201	13 & up	6 Classes	\$90	7/19	M&W 9:00am-10:00am
108192	13 & up	6 Classes	\$90	7/19	M&W 6:00pm-7:00pm
108202	13 & up	6 Classes	\$90	7/20	Tu&Th 9:00am-10:00am
108193	13 & up	6 Classes	\$90	7/20	T&Th 6:00pm-7:00pm
110149	13 & up	6 Classes	\$90	8/16	M&W 9:00am-10:00am
110152	13 & up	6 Classes	\$90	8/16	M&W 6:00pm-7:00pm
110150	13 & up	6 Classes	\$90	8/17	T&Th 9:00am-10:00am
110153	13 & up	6 Classes	\$90	8/17	T&Th 6:00pm-7:00pm

Olney Manor Recreational Park

108186	13 & up	5 Classes	\$75	6/21	M&W	6:00pm- 7:00pm
108187	13 & up	6 Classes	\$90	6/22	T&Th	6:00pm-7:00pm
108194	13 & up	6 Classes	\$90	7/19	M&W	6:00pm- 7:00pm
108195	13 & up	6 Classes	\$90	7/20	T&Th	6:00pm- 7:00pm
108953	13 & up	6 Classes	\$90	8/16	M&W	6:00pm- 7:00pm
108954	13 & up	6 Classes	\$90	8/17	T&Th	6:00pm-7:00pm

South Germantown Recreational Park

108188	13 & up	5 Classes	\$/5	6/21	W&W	6:00pm- 7:00pm
108189	13 & up	6 Classes	\$90	6/22	T&Th	6:00pm- 7:00pm
108198	13 & up	6 Classes	\$90	7/10	Sa	11:00am-12:00pm
108196	13 & up	6 Classes	\$90	7/19	M&W	6:00pm- 7:00pm
108197	13 & up	6 Classes	\$90	7/20	T&Th	6:00pm- 7:00pm
108955	13 & up	6 Classes	\$90	8/16	M&W	6:00pm- 7:00pm
108956	13 & up	6 Classes	\$90	8/17	T&Th	6:00pm- 7:00pm

Wheaton Regional Park

108182	13 & up	5 Classes	\$/5	6/21	W&W	6:00pm- /:00pm
108183	13 & up	6 Classes	\$90	6/22	T&Th	6:00pm- 7:00pm
108190	13 & up	6 Classes	\$90	7/19	M&W	6:00pm-7:00pm
108191	13 & up	6 Classes	\$90	7/20	T&Th	6:00pm-7:00pm
108951	13 & up	6 Classes	\$90	8/16	M&W	6:00pm-7:00pm
108952	13 & up	6 Classes	\$90	8/17	T&Th	6:00pm-7:00pm

Outdoor Tennis: Intermediate

Students in Intermediate tennis classes should understand how tennis is played, know when and where to hit which stroke, how to keep score, and the difference between doubles and singles. You'll learn service returns and approach shots. Please bring your own rackets, water and appropriate footwear.

Intermediate, Pre-Teens (Outdoor)

Norwood Local Park

108205	8-12yrs	5 Classes	\$75	6/21	M&W	5:00pm- 6:00pm
108206	8-12yrs	6 Classes	\$90	6/22	T&Th	5:00pm- 6:00pm
108217	8-12yrs	6 Classes	\$90	7/19	M&W	5:00pm- 6:00pm
108218	8-12yrs	6 Classes	\$90	7/20	T&Th	5:00pm- 6:00pm
110049	8-12yrs	6 Classes	\$90	8/16	M&W	5:00pm- 6:00pm
110050	8-12yrs	6 Classes	\$90	8/17	T&Th	5:00pm- 6:00pm

• Intermediate, Pre-Teens (cont.)

Olney Manor Recreational Park

108207	8-12yrs	5 Classes	\$75	6/21	M&W	5:00pm- 6:00pm
108208	8-12yrs	6 Classes	\$90	6/22	T&Th	5:00pm-6:00pm
108213	8-12yrs	6 Classes	\$90	7/19	M&W	5:00pm- 6:00pm
108214	8-12yrs	6 Classes	\$90	7/20	Tu&Th	5:00pm- 6:00pm
108959	8-12yrs	6 Classes	\$90	8/16	M&W	5:00pm- 6:00pm
108960	8-12yrs	6 Classes	\$90	8/17	Tu&Th	5:00pm- 6:00pm

South Germantown Recreational Park

108209	8-12yrs	5 Classes	Ş75	6/21	M&W	5:00pm- 6:00pm
108210	8-12yrs	6 Classes	\$90	6/22	Tu&Th	5:00pm- 6:00pm
108219	8-12yrs	6 Classes	\$90	7/10	Sa	10:00am-11:00am
108215	8-12yrs	6 Classes	\$90	7/19	M&W	5:00pm- 6:00pm
108216	8-12yrs	6 Classes	\$90	7/20	Tu&Th	5:00pm- 6:00pm
108963	8-12yrs	6 Classes	\$90	8/16	M&W	5:00pm- 6:00pm
108964	8-12yrs	6 Classes	\$90	8/17	Tu&Th	5:00pm- 6:00pm

Wheaton Regional Park

			•			
108203	8-12yrs	5 Classes	\$75	6/21	M&W	5:00pm- 6:00pm
108204	8-12yrs	6 Classes	\$90	6/22	Tu&Th	5:00pm- 6:00pm
108211	8-12yrs	6 Classes	\$90	7/19	M&W	5:00pm- 6:00pm
108212	8-12yrs	6 Classes	\$90	7/20	Tu&Th	5:00pm- 6:00pm
108957	8-12yrs	6 Classes	\$90	8/16	M&W	5:00pm- 6:00pm
108958	8-12yrs	6 Classes	\$90	8/17	Tu&Th	5:00pm- 6:00pm

• Intermediate, Teens/Adult (Outdoor)

Norwood Local Park

108220	13 & up	5 Classes	\$75	6/21	M&W 10:00am-11:00am
108222	13 & up	5 Classes	\$75	6/21	M&W 7:00pm-8:00pm
108221	13 & up	6 Classes	\$90	6/22	Tu&Th 10:00am-11:00am
108223	13 & up	6 Classes	\$90	6/22	Tu&Th 7:00pm-8:00pm
108226	13 & up	6 Classes	\$90	7/19	M&W 10:00am-11:00am
110206	13 & up	6 Classes	\$90	7/19	M&W 10:00am-11:00am
108227	13 & up	6 Classes	\$90	7/20	Tu&Th 10:00am-11:00am
110207	13 & up	6 Classes	\$90	7/20	Tu&Th 10:00am-11:00am
108229	13 & up	6 Classes	\$90	8/16	M&W 7:00pm-8:00pm
110208	13 & up	6 Classes	\$90	8/16	M&W 10:00am-11:00am
108230	13 & up	6 Classes	\$90	8/17	Tu&Th 7:00pm-8:00pm
110209	13 & up	6 Classes	\$90	8/17	Tu&Th 10:00am-11:00am

Olney Manor Recreational Park

108224	13 & up	5 Classes	\$75	6/21	M&W	7:00pm-8:00pm
108225	13 & up	6 Classes	\$90	6/22	Tu&Th	7:00pm-8:00pm
108231	13 & up	6 Classes	\$90	7/19	M&W	7:00pm-8:00pm
108232	13 & up	6 Classes	\$90	7/20	Tu&Th	7:00pm-8:00pm
108950	13 & up	6 Classes	\$90	8/16	M&W	7:00pm-8:00pm
108949	13 & up	6 Classes	\$90	8/17	Tu&Th	7:00pm-8:00pm

South Germantown Recreational Park

108233	13 & up	5 Classes	\$75	6/21	M&W	7:00pm-8:00pm
108235	13 & up	6 Classes	\$90	6/22	Tu&Th	7:00pm-8:00pm
108228	13 & up	6 Classes	\$90	7/10	Sa	12:00pm-1:00pm
109001	13 & up	6 Classes	\$90	7/19	M&W	7:00pm-8:00pm
109002	13 & up	6 Classes	\$90	7/20	Tu&Th	7:00pm-8:00pm
109003	13 & up	6 Classes	\$90	8/16	M&W	7:00pm-8:00pm
109004	13 & up	6 Classes	\$90	8/17	Tu&Th	7:00pm-8:00pm

Wheaton Regional Park

108234	13 & up	5 Classes	\$75	6/21	M&W	7:00pm-8:00pm
108236	13 & up	6 Classes	\$90	6/22	Tu&Th	7:00pm-8:00pm
108237	13 & up	6 Classes	\$90	7/19	M&W	7:00pm-8:00pm
108238	13 & up	6 Classes	\$90	7/20	Tu&Th	7:00pm-8:00pm
108999	13 & up	6 Classes	\$90	8/16	M&W	7:00pm-8:00pm
109000	13 & up	6 Classes	\$90	8/17	Tu&Th	7:00pm-8:00pm

OUTDOOR LESSONS FYIS

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time. Questions? Call us at Pauline Betz Addie Tennis Center, 301-765-8650.



How to register for a Montgomery Parks Course or Program

BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.

READY TO REGISTER?

- Online: Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- In person: Complete the green "PARKS" section of the registration form on page 148 of this Guide, take it to any ParkPASS facility, and we'll help you get registered. See pages 104-105 for ParkPASS locations.
- By phone: Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Not available for all programs.
- By mail: Complete the green "PARKS" section of the registration form on page 148, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Please call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

OUESTIONS?

• If you have a question about a specific course or program, please call the facility offering the course. See pages 104-105 for facility information. If you have a question about the ParkPASS system or your account, call the ParkPASS Help Desk at 301-495-2580 (M-F, 10am-2pm), or send an email to MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

• If you register online, it's a good idea to print out your ParkPASS registration confirmation page. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See pages 104-105 for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks
 ParkPASS facility (see pages 104-105), and register and pay for courses in person. Any funds paid to your ParkPASS account will be available for you to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure.
 Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- NEW policy as of November 1, 2009: In order to withdraw from a Montgomery Parks course, submit a written request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund will be given for that course. If the course has multiple class sessions and you submit a written request to withdraw after the first class, you will receive a ParkPASS account credit, or a refund for the remaining classes less a 20% administrative fee. No credit or refund issued after the second class in a course series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities (e.g. summer camps) have different refund/ withdrawal policies which may supercede this standard policy.

REGISTRATION INFORMATION

Montgomery County Recreation Department

Four Ways to Register



RecWeb Online registration at http://recweb.montgomerycountymd.gov.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Montgomery County Recreation Department Attention: Registrar 4010 Randolph Road Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 99).

Payment Information

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Four Ways to Register*, at left.)
- Non-county residents must pay an additional \$15.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or via the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a Written Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Don't Be Confused!

The Montgomery County **Department of Recreation** and the Montgomery County **Department of Parks** are two separate agencies, with separate customer records, course enrollment guidelines, etc.

But we publish this catalog together, so that you can get information about all the great Montgomery County courses in one handy Program Guide.

- The Guide is color-coded for ease of use:
 RECREATION courses are on the BLUE tabbed pages.
 PARKS courses are on the GREEN tabbed pages.
- The Guide's registration form is also color-coded:
 RECREATION = BLUE, PARKS = GREEN



BLUE =



Want to enroll in a RECREATION course?

Read the registration information on **page 148**, then fill out the **BLUE** section of the registration form.

GREEN =

Want to enroll in a PARKS course?

Read the registration information on **page 148**, then fill out the **GREEN** section of the registration form.

Want to enroll in **BOTH** a **RECREATION** course and a **PARKS** course?

- 1. Make a copy of the registration form (or as many copies as you need).
- 2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment (see page 145 for details).
- 3. Fill out the **BLUE** section for the **RECREATION** course, and fax, mail, or bring the form to the appropriate Recreation location (see page 146 for details).

Got a question? Call us! 240-777-6840 RECREATION 301-495-2580 PARKS

This form may be duplicated.

Main Contact

Additional Family Members

Register C

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				. —	Last Name	First	First Name	Birth Date	Gender	Grade
Last	Last Name							mm/dd/yy	M/F	
First	First Name	_Middle Initial								
Birt	Birth Date	_Gender			2)					
Stre	Street Address				3)					
City		State	ZIP		Payer Information (Name)					
Hon	Home Phone	_Work Phone _			Address			Phone		
Cell	Cell Phone	Email			City		State	diZ		
SIG	SIGN UP BELOW FOR RECREATION PROGRAMS (BLUE Section) ONLY	PROGRAMS	(BLUE S	section) ONLY	You must submit separate registrations and payment for Recreation and Parks programsl	ate registratio	ons and payment for	Recreation and	Parks progr	rams!
	Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Start Si Date Ti	Start Rec Time Dep	Recreation Dept. Fee
NOI.										
EV										
ECF		RD	0000	If you are	If you are a non-resident, include an additional \$15 per participant for each activity:	ditional \$15	oer participant for ead	ch activity:		
	Attil: Registial, 4010 Raildolpii Roda, Silver Sprinig, MD 20902	liver Spring, mit print)	70607			REC	RECREATION Programs Fee Total:	s Fee Total:		
	Number		Exp date	Signature Signature			Date			
	If paying by credit card, you may fax your registration form to 240-777-6818. If you need help completing the Recreation portion of this form, please call 240-777-6840.	registration for	rm to 240-7	77-6818 . If you need h	elp completing the Recreatio	n portion of t	his form, please call 2	40-777-6840.		

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

You must submit separate registrations and payment for Recreation and Parks programs!

	Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee
S									
KK									
Aq									
	☐ Check or Money Order payable to M-NCPPC ☐ Dease mail or bring this form to the DarkPASS facility offering the courses's you want (see pages 104-105 for facility locations)	-NCPPC	asilion adt or		4-105 for facility	/ locations)			

the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program. The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in

Or register online at ParkPASS.org! Questions about Parks courses or registration? Call us at 301-495-2580 M-F, 10am-2pm.

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Date_



Convenient

Seven outdoor pools located throughout Montgomery County, you can be here in no time.

Fun

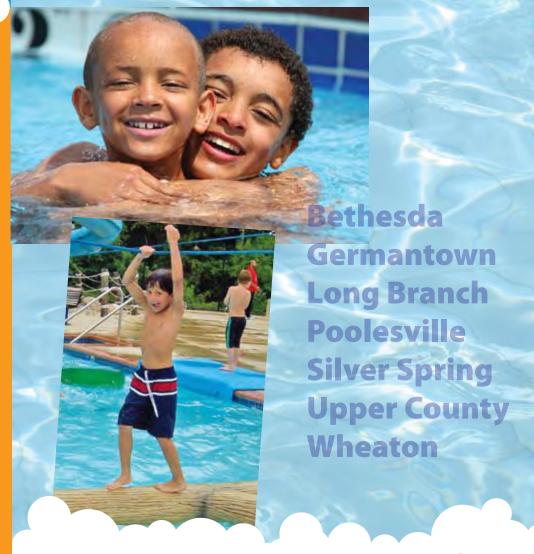
Including flume and kiddie slides, water play equipment, lap lanes, leisure swim areas, baby pools, dive areas, bath houses, lawn areas and even a "Lazy River"!

Affordable

We offer daily admissions, 12 punch passes and season passes.

Your summer of splashes and fun awaits!

For a list of locations and information see page 8.



Call 240-777-6860 or visit montgomerycountymd.gov/rec



Montgomery County Department of Recreation 4010 Randolph Road Silver Spring, MD 20902

PRSRT STD US Postage Paid Rockville, MD Permit No.138

or current resident

